

AUSTRALIAN

diabetic LIVING

*How to
manage
your*
PCOS

PLUS!

*Think
you hate
exercise?*
**THINK
AGAIN!**

**AROMATIC
CHICKEN
CURRY**
See page 52

✓ **EASY ENTERTAINING**

✓ **MID-WEEK MEALS**

✓ **PERFECT PUDDINGS**

ONE PAN wonders

Meals to make life simpler

MAY/JUNE 2024 \$9.20 NZ \$9.99



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**MINDFUL
FREAKOUT**
Staying calm when
life gets crazy

BINGO!
Diabetes
numbers you
need to know

SPICE, SPICE, BABY
Warming curries
for cooler Autumn
nights

GIFT-SPO

A collection of gorgeous gifts for her



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SPECIAL OFFER

Turn to page 128 and subscribe to *Diabetic Living*, for your chance to save up to 36% off the regular price!

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MAY/JUNE 2024

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Caring shouldn't *cost you your future*

When a family member or close friend falls ill, who steps in to help? Primary carers. But there's a massive problem. 70 per cent of these primary carers are women*, and they are not paid super. Over time, this deficit adds up – big time. Enough to make or break their later life. Putting others first shouldn't put you out of home. Providing for others shouldn't take the food from your retirement table.

We don't make the rules, but we sure as hell can change them.

Let's guarantee super for carers.

For more information visit costofcaring.com.au

*Scan to sign
the petition*



*Australian Bureau of Statistics, 2018

are media

diabetic
LIVING

Cost
OF
CARING

welcome



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**NEXT
ISSUE
ON SALE
JUN 13**



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I love a main course salad but as the weather cools down, my cravings for warm, comforting foods begin. Rather than embark on an all-toast, all-the-time regime I turn to fragrant spices to provide warmth and flavour to all kinds of meals. In this issue, our food editor Alison Roberts has collected recipes that use spices to create dishes you'll love. Spicy doesn't necessarily mean heat (my husband, for example, is *not* a fan of chilli!), but it does mean flavour.

Our chicken curry cover recipe includes coriander, turmeric and garam masala for a dish that's guaranteed to keep cooler nights at bay. Turn to page 44 for more from our curry feature and then take a look at page 53 for one-pan dinners that pack a flavour punch. And of course we've got weeknight meals for two covered with our regular 5 Days, 5 Dinners feature on page 14.

Speaking of dinner, in this issue dietitian Dr Kate Marsh takes a look at meal timing and whether what time you eat affects how your body responds to food. We've also got a beginner's guide to somatic exercise and a primer of diabetes-relevant numbers you should be keeping an eye on.

In our My Story this issue, we talk to Lauren about her experience with gestational diabetes that then turned into type 2 - a not uncommon experience.

We hope you enjoy the issue!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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diabeticliving.com.au



[facebook.com/
DiabeticLivingAU](https://facebook.com/DiabeticLivingAU)

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

diabetes australia

Coeliac Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around “diabetes lingo”? Read on...

● **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.

● **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

● **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.

● **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange

a HbA1c test every three to six months.

● **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

● **Will I have to use insulin?** Yes, if

you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

● **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.





TYPE 1 & TYPE 2...

What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

TAKE THIS TO HEART

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■



Losing just 5 per cent of your body weight can have a positive impact.

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes

YOUR healthy life

The latest global diabetes news

**STRUGGLING TO
STAY FOCUSED?**

Head outdoors



It's no secret that spending time in nature is good for you but new research has added another reason to the list – it can boost attention, too. For the study, people were asked to count backwards from 1000 in sevens, which is a mentally draining task, before moving on to an attention-related task. They were then sent on a technology-free 40-minute walk, either on a tree-lined path or an asphalt-laden one, before repeating the attention-related task. “The participants that had walked in nature showed an improvement in their executive attention on that task, whereas the urban walkers did not,” says Amy McDonnell, a University of Utah psychology researcher and one of the study’s authors. It’s thought that being in a natural environment helps reset parts of the brain that traditionally become overused during stressful and taxing parts of everyday life.

KeepSight hits a new milestone

The eye check reminder program called KeepSight registered its 400,000th participant recently. Delivered by Diabetes Australia in partnership with the eye sector, KeepSight is designed to make it easier for people living with diabetes to remember when they're due to get their eyes checked and to help detect eye problems that can lead to vision loss. "This program is changing lives by supporting people with diabetes to proactively look after their eye health," says Diabetes Australia Group CEO Justine Cain. "Having over 400,000 people now registered with the program is a very significant milestone." If you're living with diabetes and haven't registered yet, head to keepsight.org.au to get started.



NEED-TO-KNOW INFO ABOUT... MENOPAUSE AND MIGRAINES



Fresh research shows that women who have migraines and a long-term history of hot flushes or night sweats as a result of menopause, may have a higher cardiovascular disease risk as a result. While heart-disease risk traditionally increases post-menopause, the researchers say the study's results makes heart disease and stroke prevention even more important for this group of women. It also highlights the importance of having a regular Heart Health Check. This 20-minute check-up with a GP helps you understand your risk of having a heart attack or stroke in the next five years, as well as the steps you can take to lower this risk. It's recommended annually for all adults aged over 45, or aged 30 and over for Aboriginal and Torres Strait Islander peoples. If you're living with diabetes, having a yearly Heart Health Check after the age of 35 is recommended.



Q: I'm trying to lose a little bit of weight to help improve my health and manage my diabetes. I've read that including plenty of protein at each main meal can help with weight loss. Why is this? And, while I find it easy to make lunches and dinners that are rich in protein, I'd love some ideas for making my breakfasts packed with protein?

Dr Marsh says: Including a healthy source of protein in every main meal may help with weight management by improving satiety. When you feel satisfied after a meal you are less likely to overeat or get hungry and snack between meals. Consuming adequate protein, along with regular exercise, can also help to maintain muscle mass as you lose weight.

While it generally isn't difficult to meet your daily protein needs, it's true that breakfast can be tricky. This can leave you feeling hungry throughout the morning, which is when you're more likely to reach for the snacks.

Good options for a protein-rich breakfast include:

- ▶ Wholegrain toast topped with eggs and vegies, baked beans or sardines
- ▶ Vegetable omelette
- ▶ Greek yoghurt with berries, and plenty of nuts and seeds
- ▶ Vegetable frittata made with eggs and feta
- ▶ Fill a wholegrain wrap with Mexican beans, vegies and avocado
- ▶ Huevos rancheros (eggs in a spicy tomato sauce) with mixed beans
- ▶ Tofu scramble

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

The sweet smell of happiness

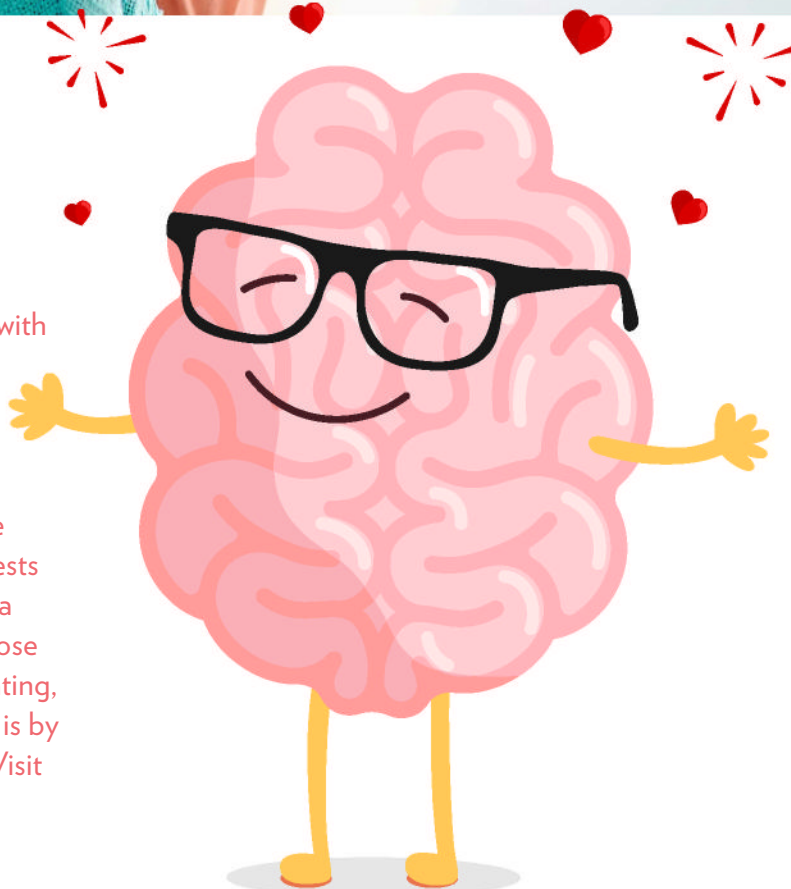
A new study suggests that smelling familiar scents could potentially play a role in helping people with depression recover. It's thanks to the way familiar smells have the ability to trigger the recall of specific autobiographical memories and events. It's hoped this might help people break out of the negative thought cycles associated with depression and rewire thought patterns to assist in faster and smoother healing



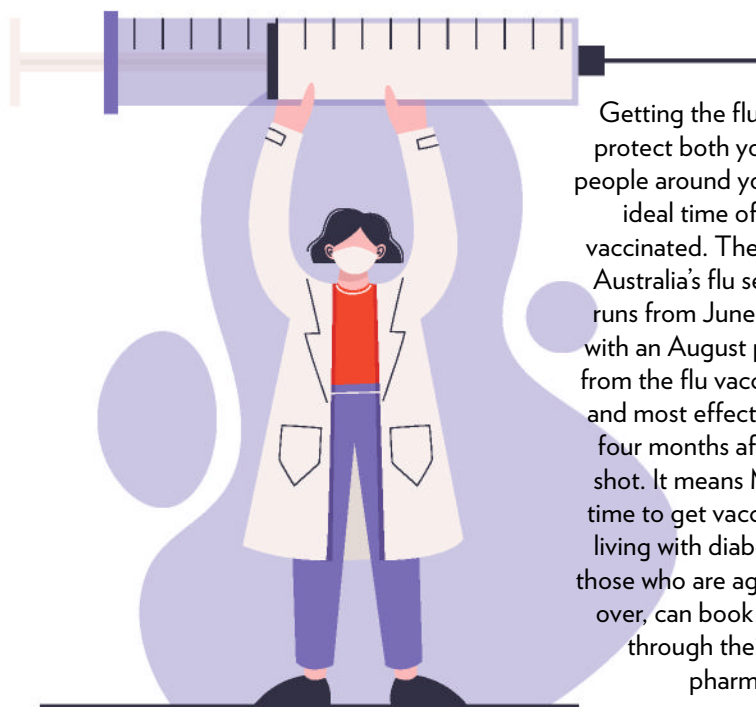
180

That's how many extra decisions people living with diabetes have to make each and every day. The pressure to 'get it right' can eventually lead to something called diabetes distress, where feelings of frustration and overwhelm

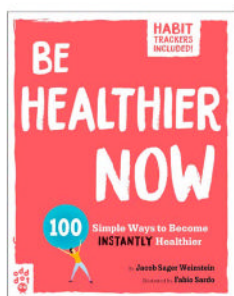
can make diabetes management even more challenging. The good news is, research suggests that meditating regularly can help – and it's a practice that may be beneficial for blood glucose management, too. If you're keen to start meditating, but haven't tried it before, a good place to start is by downloading a free app called Smiling Mind. Visit smilingmind.com.au to find out more.



Have you had your flu shot?



Getting the flu shot helps to protect both yourself and the people around you and now's the ideal time of year to get vaccinated. The reason? While Australia's flu season typically runs from June to September with an August peak, immunity from the flu vaccine is strongest and most effective for three to four months after having the shot. It means May is an ideal time to get vaccinated. People living with diabetes, as well as those who are aged 65 years and over, can book a free flu shot through their doctor or pharmacist.



Be Healthier Now

By Jacob Sager Weinstein
Odd Dot, \$32.99

Whatever shape you're in, Jacob Sager Weinstein says you can be healthier than you are today, without making it your full-time job. With a life-changing, doctor-approved tip on every page, *Be Healthier Now* is a collection of 100 things you can do this very moment to lead a healthier life. It also contains daily and weekly trackers to help turn your favourite tips into lifelong habits.



Wholesome By Sarah

by Sarah Pound
Plum, \$44.99

This debut cookbook is filled with the kind of food Sarah Pound has become known for by her online fans: simple, hearty and family-friendly dinners that use familiar everyday ingredients. As well as nourishing bowls of soup, one-pot gems and drool-worthy salads, there are chapters on new ways with budget-friendly staples, such as pasta, mince and the humble can of tuna.



Q: I've just been diagnosed with diabetes so haven't started finding specialists yet. Can I make an appointment with any podiatrist or should they have experience with diabetes?

Danielle says: Your GP or diabetes specialist may be able to provide some recommendations of other local health practitioners with a focus on diabetes, based on your particular needs.

All podiatrists have experience in providing diabetic foot assessments, education, advice and treatment that's required to help prevent complications. Initially this will involve taking a medical history. The podiatrist will also perform tests to check your sensation, circulation, biomechanics and foot structure and a dermatological assessment. They may also want to see how you walk and the type of footwear you wear.

These are all non-invasive assessments that are quick to perform, but provide extremely important information that will help guide your management. A plan can be established to determine the type and frequency of treatment and monitoring you may need. If a higher level of care is required due to the type of foot problem/s you have, then you should be referred to a podiatry service that are specialists in diabetes-related complications.

~~~~~  
Danielle Veldhoen, podiatrist



your healthy life

# SAVE THE DATE 23 May

This year's Biggest Morning Tea is happening on Thursday 23 May. A community event that raises vital funds to make a big difference for those impacted by cancer, more than \$14,000,000 was raised in 2023. To

get involved in this year's event, visit [biggestmorningtea.com.au](http://biggestmorningtea.com.au) and register to host a Biggest Morning Tea. You'll also find a variety of host resources to help you plan your event as well as information about how much good every dollar does.

For example, \$150 provides two people recently diagnosed with cancer with one-on-one support from a trained Cancer Connect volunteer. If you can't host or attend an event, but still want to do your bit, you can make an online donation instead.



## Could a MULTIVITAMIN help protect your MEMORY?

According to a new study published in The American Journal of Clinical Nutrition, taking a daily multivitamin in later life may help prevent age-related memory loss.

"Cognitive decline is among the top health concerns for most older adults," says the study's lead author, Chirag Vyas from the Department of Psychiatry at Massachusetts General Hospital. "And a daily supplement of multivitamins has the potential as an appealing and accessible approach to slow cognitive ageing."

The research found that taking a supplement containing more than 20 essential micronutrients slowed cognitive ageing by about two years. "These findings will garner attention among many older adults who are, understandably, very interested in ways to preserve brain health, as they provide evidence for the role of a daily multivitamin in supporting better cognitive ageing."

## WEIGHT LOSS AND SELF-COMPASSION: WHAT'S THE LINK?

A new study suggests that being self-compassionate helps people engage in healthier weight-loss habits. "Many people worry that self-compassion will cause complacency and lead them to settle for inadequacy, but this study is a great example of how self-compassion can help people be more successful in meeting their goals," says the study's lead author, Charlotte Hagerman from Drexel University in the United States. "The road to achieving difficult goals – especially weight loss – is paved with setbacks. Practicing self-compassion helps people cope with self-defeating thoughts and feelings in response to setbacks, so that they are less debilitated by them. In turn, they can more quickly resume pursuing their goals."

WORDS KAREN FITTALL. PHOTOGRAPHY GETTY IMAGES



# HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...

**DIABETES AUSTRALIA** This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit [diabetesaustralia.com.au](http://diabetesaustralia.com.au).

## **THE NATIONAL DIABETES SERVICES SCHEME (NDSS)**

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit [ndss.com.au](http://ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

## **AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)**

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to [adea.com.au](http://adea.com.au) to use the 'Find a CDE' service or call **(02) 6173 1000**.

## **JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)**

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to [jdrf.org.au](http://jdrf.org.au) to find out more.

**FOOT FORWARD** Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit [footforward.org.au](http://footforward.org.au)

**KEEPSIGHT** As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit [keepsight.org.au](http://keepsight.org.au)

**MYDESMOND** Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to [mydesmondaustralia.com.au](http://mydesmondaustralia.com.au) to join.

## **NATIONAL DISABILITY INSURANCE SCHEME (NDIS)**

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit [ndis.gov.au](http://ndis.gov.au) or call **1800 800 110** for more information.





## MONDAY

Kale & bulgur  
tabbouleh with  
yoghurt dressing  
*Recipe page 18*

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 92



# 5 DAYS DINNERS

Good-for-you meals needn't be boring – these midweek recipes are bursting with flavour

**TUESDAY**

Chilli chicken wraps  
Recipe page 20



## WEDNESDAY

### GFO STEAMED SALMON & VEG RICE BOWL

**PREP** 10 MINS **COOK** 20 MINS

**SERVES** 2 (AS A MAIN)

70g ( $\frac{1}{3}$  cup) brown rice

50g green beans

1 large bok choy or pak choy,  
trimmed, chopped into chunks

2 x 100g skinless and boneless  
salmon fillets, trimmed of fat

#### DRESSING

2 tbsp kecap manis (sweet soy  
sauce) or gluten-free kecap  
manis

Juice of  $1\frac{1}{2}$  limes

$\frac{1}{2}$  long red chilli, deseeded and  
chopped

2 tsp rice vinegar

2 tsp caster sugar

4 green shallots, finely chopped,  
to serve

2½ tbsp mixed seeds (pumpkin,  
sesame and sunflower), to serve

2 tsp pickled ginger, chopped, to  
serve

**1** To make the dressing; put all the  
ingredients in a small bowl. Whisk to  
combine. Set aside. Cook the rice  
following packet instructions. Drain.

**2** Meanwhile, line a large steamer  
basket with baking paper. Put the  
green beans, bok choy and salmon  
in the lined steamer basket. Place  
over a wok of simmering water  
(make sure the basket doesn't

touch the water). Steam the fish for  
5-8 minutes and the veg for 4-5  
minutes or until cooked through.

**3** Spoon the rice into serving bowls.  
Top with the steamed fish and  
vegetables. Pour over some  
dressing and top with the green  
shallots, mixed seeds and pickled  
ginger, if you like.

#### NUTRITION INFO

**PER SERVE** 2270kJ (543Cal),  
**protein** 32g, **total fat** 21g (sat. fat  
5g), **carbs** 52g, **fibre** 8g, **sodium**  
570mg • **Carb exchanges**  $3\frac{1}{2}$  • **GI**  
**estimate** medium • **Gluten-free**  
**option**

#### COOK'S TIP

To make this a vegie  
meal, leave out the  
salmon and garnish  
with a handful of  
toasted pine nuts







**THURSDAY**

**GFO**

## VEGETABLE BROTH WITH CHICKEN

**PREP** 10 MINS (+ STANDING)

**SERVES** 2 (AS A MAIN)

2 tsp olive oil  
 300g chicken breast, skin on, trimmed of visible fat  
 250ml (1 cup) salt-reduced or gluten-free chicken stock  
 250ml (1 cup) water  
 1 slice sourdough bread or gluten-free bread, cut into cubes  
 2 tbsp grated parmesan  
 2 cups baby spinach leaves  
 4 asparagus spears, trimmed, halved and cut into chunks  
 35g (¼ cup) fresh or frozen peas  
 400g can no-added-salt borlotti beans, drained and rinsed

**1** Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

**2** Heat 1 tsp oil in a medium non-stick frying pan over medium heat. Add the chicken and cook for 2-3 minutes each side or until well browned. Transfer to a plate.

**3** Add the stock and water to the pan and bring to the boil over medium heat. Return the chicken to the pan and cook for 5 minutes. Turn off the heat and cover with the lid. Set aside for 30 minutes.

**4** Put the bread cubes on the lined tray. Drizzle with the remaining oil, then scatter over the parmesan. Bake for 6 minutes or until crunchy

and golden. Transfer to a plate and set aside.

**5** Diagonally slice the chicken and place on a plate. Cover with foil to keep warm. Return the stock to the boil and add spinach, asparagus and peas. Cook for 1 minute then add the beans. Heat over medium heat until warmed through.

**6** Divide the soup between serving bowls. Top with the chicken and parmesan croutons.

### NUTRITION INFO

**PER SERVE** 2170kJ (519Cal), protein 47g, total fat 23g (sat. fat 7g), carbs 30g, fibre 9g, sodium 681mg • Carb exchanges 2 • GI estimate low • Gluten-free option



## KALE & BULGUR TABBOULEH WITH YOGHURT DRESSING

**PREP** 15 MINS **COOK** 15 MINS  
**SERVES** 2 (AS A MAIN)

135g (¾ cup) bulgur (cracked wheat)  
125ml (½ cup) boiling water  
2 x 60g eggs  
60g trimmed kale, roughly chopped  
2 tbsp hazelnuts, toasted and chopped  
1 carrot, cut into thin sticks  
3 green shallots, roughly chopped  
Seeds from ½ pomegranate or 20g reduced-sugar cranberries, roughly chopped  
1 tsp chilli flakes  
Juice of 1 lemon

### DRESSING

100g fat-free Greek yoghurt  
Zest and juice 1 lemon  
2 tbsp white wine vinegar  
2 tbsp water  
1 tbsp each chopped dill and mint  
¼ clove garlic, crushed

- 1 Put the bulgur in a small heatproof bowl and pour over the boiling water. Mix well. Cover and set aside for 10-15 minutes or until al dente.
- 2 Bring a small saucepan of water to the boil over high heat. Add the eggs and reduce heat to medium heat. Simmer for 6 minutes. Transfer to a bowl of cold water and set aside to cool. Peel the eggs and cut in half.
- 3 To make the dressing; put all the ingredients in a small food processor or blender. Process until smooth.
- 4 Use a fork to break up the bulgur. Add the kale, hazelnuts, carrot, shallots, pomegranate seeds, chilli flakes and lemon juice. Toss to combine. Add the dressing and toss to coat. Top with the eggs and serve.

### NUTRITION INFO

**PER SERVE** 2050kJ (490Cal), **protein** 24g, **total fat** 13g (sat. fat 2g), **carbs** 60g, **fibre** 15g, **sodium** 203mg • **Carb exchanges** 4  
• **GI estimate** low

**GF** **LC**

## BAKED PIRI-PIRI FISH WITH CRUSHED POTATOES

**PREP** 10 MINS **COOK** 25 MINS  
**SERVES** 2 (AS A MAIN)

300g Zerella Baby Spud Lite Potatoes  
1 red capsicum, cut into chunks  
2 tsp red wine vinegar  
1 tsp extra virgin olive oil, for drizzling  
Freshly ground black pepper  
2 x 150g each boneless firm white fish fillets

### PIRI-PIRI SAUCE

3 pickled jalapeños  
½ tsp chilli flakes  
1 clove garlic  
Zest and juice of ½ lemon  
2 tsp red wine vinegar  
1 tbsp extra virgin olive oil  
2 tsp smoked paprika

- 1 Preheat oven to 200°C (fan-forced). Line two baking trays with baking paper.
- 2 Put the potatoes in a small saucepan and cover with plenty of cold water. Bring to the boil over high heat. Reduce heat to medium and cook for 10 minutes or until tender. Drain well.
- 3 Put the potatoes on one of the lined trays and use the back of a spatula to flatten the potatoes. Add the capsicum. Drizzle with the vinegar and oil. Season with pepper and roast for 25 minutes.
- 4 To make the piri-piri sauce, put all the ingredients in a small food processor. Process until smooth. Transfer to a bowl.
- 5 Put the fish on the second tray and spoon over some of the sauce. Bake for the final 10 minutes of the potato cooking time.
- 6 Serve the fish with the potatoes and any remaining sauce on the side.

### NUTRITIONAL INFO

**PER SERVE** 1720kJ (411Cal), **protein** 36g, **total fat** 16g (sat. fat 3g), **carbs** 26g, **fibre** 7g, **sodium** 328mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free** • **Lower carb**



FRIDAY

Baked piri-piri fish with  
crushed potatoes

*Recipe, opposite*



**TUESDAY**

**LCO CHILLI CHICKEN WRAPS**

**PREP** 10 MINS **COOK** 25 MINS **SERVES** 2 (AS A MAIN)

1 tbsp olive oil  
280g boneless, skinless chicken thigh fillets,  
trimmed of fat, cut into bite-sized pieces  
½ large white onion, thinly sliced into half-moons  
1 clove garlic, finely chopped  
2cm piece ginger, finely chopped  
¼ tsp ground cumin  
¼ tsp garam masala  
2 tsp tomato paste  
½ long red chilli, thinly sliced  
¼ lemon, juiced, cut into wedges, to serve  
Freshly ground black pepper  
¼ small red onion, chopped  
2 tbsp mango chutney or lime pickle  
2 handfuls of mint or coriander  
2 tbsp fat-free Greek yoghurt  
2 Mission wholemeal roti, warmed

1 Heat the oil in a large non-stick frying pan over medium heat. Add the chicken and cook for 2-3 minutes or until browned all over. Remove from the pan and set aside.

2 Add the onion, garlic and ginger to the pan. Cook, stirring occasionally, for 5 minutes or until softened. Increase the heat to high. Return the chicken to the pan with the cumin, masala, tomato paste, chilli and lemon juice. Season with pepper. Cook, stirring occasionally, for 10 minutes or until the chicken is tender.

3 Divide the chicken mixture, red onion, chutney, mint, coriander and yoghurt between the two roti. Roll up and serve with lemon wedges for squeezing over.

**NUTRITION INFO**

**PER SERVE** 2310kJ (553Cal), **protein** 34g, **total fat** 26g (sat. fat 7g), **carbs** 40g, **fibre** 7g, **sodium** 619mg  
• **Carb exchanges** 2½ • **GI estimate** low

**LOWER-CARB OPTION**

Replace the roti with 2 lower carb wrap such as Woolworths Lower Carb Wholemeal Wraps.

**LOWER-CARB NUTRITION INFO**

**PER SERVE** 2000kJ (478Cal), **protein** 38g, **total fat** 20g (sat. fat 5g), **carbs** 24g, **fibre** 13g, **sodium** 500mg  
• **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

**GROCERIES**

**BULGUR:** Use in salads or as a binding agent when making meatballs or meatloaf.

**HAZELNUTS:** Roast, chop and sprinkle over salads or use in pasta dishes.

**JALAPEÑOS:** Thinly slice and use when having taco's or sprinkle over pizzas or use in salads.

**TOMATO PASTE:** Use in pasta sauces, as a base over pizzas or in soups or casseroles.

**MANGO CHUTNEY & YOGHURT:** Mix with yoghurt, chopped mint, crushed garlic and freshly ground black pepper. Serve with vegetable sticks.

**ROTI:** Serve leftover roti with curry or cut into strips, bake in preheated oven for 180°C (fan-forced) for 8-10 minutes or until crispy. Serve with healthy dips.

**MIXED SEEDS:** Use in salads, munch on as a snack or sprinkle over roasted vegetables for the last 5 minutes of cooking.

**PICKLED GINGER:** Thinly slice and sprinkle over steamed rice, sprinkle over toasted sesame seeds and shredded seaweed.



## FRUIT & VEGETABLES

**KALE:** Finely shred and add to soup and casseroles.

**ASPARAGUS:** Use in salads, soups or stir-fries.

**GREEN SHALLOTS:** Thinly slice and sprinkle over stir-fries or use in pasta sauces.

**POMEGRANATE:** Use in salads, sprinkle over rice dishes or eat as a snack.

**DILL:** Finely chop and mix with leftover yoghurt, grated lemon zest and lemon juice, crushed garlic, drizzle olive oil and freshly ground black pepper. Serve with zucchini fritters.

**MINT:** Make mint tea, place mint leaves and a few slices of ginger in a mug. Top with boiling water and set aside for 2-3 minutes to allow the flavours to develop. Serve.

**CORIANDER:** Finely chop the roots, stalk and leaves and make to use a coriander pesto.

**ONION:** Finely chop and use in soups, casseroles and sauces.

**LEMON AND LIME:** Use the juice in sauces or dressings. ■

# SHOPPING LIST

## GROCERIES

- ☐ 500g pkt bulgur
- ☐ 150g pkt hazelnuts
- ☐ 400g tomato paste
- ☐ 400g can no-added-salt borlotti beans
- ☐ 250ml container salt-reduced chicken stock
- ☐ 250g jar pickled jalapeños
- ☐ 340g mango chutney
- ☐ 240g pkt Mission wholemeal roti
- ☐ 200g pkt mixed seeds
- ☐ 100g pkt pickled ginger

## FRUIT & VEGETABLES

- ☐ 1 carrot
- ☐ 1 large white onion
- ☐ 1 small red onion
- ☐ 1 bunch kale
- ☐ 750g bag Zerella Spud Lite Baby Potatoes
- ☐ 50g green beans
- ☐ 1 bunch asparagus
- ☐ 1 red capsicum
- ☐ 1 pomegranate
- ☐ 1 large bok choy
- ☐ 2 cups baby spinach leaves
- ☐ ½ bunch green shallots
- ☐ 3 lemons
- ☐ 2 limes
- ☐ 1 bunch dill
- ☐ 1 bunch mint
- ☐ 35g fresh peas
- ☐ Piece ginger
- ☐ 1 long red chilli

## PANTRY

- ☐ Olive oil
- ☐ White wine vinegar
- ☐ Rice vinegar
- ☐ Kecap manis
- ☐ Caster sugar
- ☐ Hazelnuts
- ☐ Chilli flakes
- ☐ 2 x 60g eggs
- ☐ 3 cloves garlic
- ☐ Black pepper
- ☐ Ground cumin
- ☐ Garam masala
- ☐ Brown rice
- ☐ Extra virgin olive oil
- ☐ Red wine vinegar
- ☐ Parmesan
- ☐ Smoked paprika
- ☐ Sourdough bread

## CHILLED (FRIDGE & DELI)

- ☐ 1 kg container fat-free Greek yoghurt

## MEAT & POULTRY

- ☐ 280g boneless, skinless chicken thigh fillets
- ☐ 300g chicken breast fillet, skin on

## SEAFOOD

- ☐ 2 x 100g skinless and boneless salmon fillets
- ☐ 2 x 150g boneless white fish fillets



quick meals

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 92

Garam masala vegetable curry Recipe, page 24



Three-cheese macaroni Recipe, page 26

# MICROWAVE meals

It's not just for  
reheating leftovers, -  
make the most of this  
underrated appliance!



**GF**

## GARAM MASALA VEGETABLE CURRY

**PREP 10 MINS COOK 10 MINS SERVES 2 (AS A MAIN)**

1 tbsp olive oil  
 ½ brown onion, finely chopped  
 1 tsp finely grated ginger  
 1 clove garlic, crushed  
 1 tbsp tomato paste  
 1 tsp ground turmeric  
 2 tsp garam masala  
 ½ tsp ground cumin  
 ½ tsp ground coriander  
 400g can no-added-salt chopped tomatoes  
 50g baby spinach leaves  
 420g can no-added-salt chickpeas, drained and rinsed  
 100ml light coconut milk  
 1 tbsp finely chopped coriander, plus 1 tbsp chopped coriander leaves, to serve  
 1 tsp fresh lime juice  
 120g tub microwave rice or 2 Simson's Pantry Mini Naans

**1** Put the oil in a microwave-safe dish or bowl and cook on High/100% for 30 seconds. Add the onion, stir well and cook for another minute on High/100%.

**2** Add the ginger, garlic, tomato paste, turmeric, garam masala, cumin and coriander to the cooked onions. Stir well. Cook, stirring, for 1 minute to warm up the spices – you will be able to smell them when you open the microwave.

**3** Add the tomatoes, spinach leaves, chickpeas, coconut milk and chopped coriander. Stir well. Cook on High/100% for 2 minutes. Stir. Cook on High/100% for a further 2 minutes. The curry should be bubbling slightly. If not, give it another minute.

**4** Stir the lime juice into the curry. Serve immediately with basmati rice or naan bread on the side and a sprinkling of coriander leaves.

### NUTRITION INFO

**PER SERVE (with rice)** 1620kJ (388Cal), **protein** 12g, **total fat** 15g (sat. fat 5g), **carbs** 47g, **fibre** 12g, **sodium** 112mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten free**

**PER SERVE (with naan)** 1710kJ (409Cal), **protein** 14g, **total fat** 17g (sat. fat 5g), **carbs** 46g, **fibre** 12g, **sodium** 279mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten free**

**GFO**

## JACKET POTATOES WITH SWEDISH PRAWN SALAD

**PREP 10 MINS COOK 15 MINS  
SERVES 2 (AS A LIGHT MEAL)**

2 (about 250g each) Zerella Spud Lite potatoes, washed, dried with paper towel  
 30g light margarine  
 Dill leaves and lemon wedges, to serve

### PRAWN SALAD

100g peeled and deveined prawns  
 1 tbsp chopped dill, leaves only  
 Squeeze of fresh lemon juice  
 3 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise  
 Freshly ground black pepper

**1** Prick the potatoes all over with a sharp knife. Put the potatoes in the microwave on a microwave-safe plate and cook on High/100% for 5 minutes. Turn the potatoes over and cook on High/100% for a further 5 minutes. Set aside, covered, with a tea towel.

**2** Meanwhile, to make the prawn salad, put the prawns, dill, a squeeze of lemon juice and the mayonnaise in a bowl. Stir gently to combine. Taste and season with pepper.

**3** Cut open the warm potatoes. Divide the margarine between the potatoes, then pile the prawn salad on top. Serve with a sprinkling of dill and a lemon wedge on the side.

### NUTRITION INFO

**PER SERVE** 1150kJ (275Cal), **protein** 14g, **total fat** 8g (sat. fat 3g), **carbs** 32g, **fibre** 4g, **sodium** 478mg • **Carb exchanges** 2 • **GI estimate** high • **Gluten-free option**



**quick meals**

**Jacket potatoes with  
Swedish prawn salad**  
*Recipe, opposite*







**GFO**

## THREE-CHEESE MACARONI

**PREP** 10 MINS **COOK** 15 MINS **SERVES** 2 (AS A MAIN)

150g dried macaroni or gluten-free pasta

700ml boiling water

1 tbsp cornflour or gluten-free cornflour

185ml (¾ cup) light milk

1 tsp Dijon mustard or gluten-free mustard

40g (⅓ cup) finely grated Swiss cheese

40g (½ cup) reduced-fat grated vintage cheese

2 tbsp grated parmesan

3 tsp light margarine

Freshly ground black pepper

**1** Put the pasta in a ceramic or glass microwave-safe bowl. Pour over the boiling water and cook for 2 minutes on High/100%. Repeat twice more (6 minutes in total). Drain the pasta and return to the bowl.

**2** Put the cornflour and 1 tbsp milk into a jug and stir to make a paste. Add the remaining milk and mix well. Pour over the pasta.

**3** Add the mustard, Swiss cheese and vintage cheese to the sauce. Stir well. You can cook the pasta in the same bowl or tip it into a microwavable serving dish.

**4** Cook on High/100% for 5 minutes, stirring halfway through. Sprinkle over the parmesan and dot with small pieces of margarine. Cook on High/100% for a further 2 minutes. Sprinkle with pepper and serve.

### NUTRITION INFO

**PER SERVE** 2230kJ (533Cal), protein 29g, total fat 19g (sat. fat 11g), carbs 60g, fibre 3g, sodium 456mg • Carb exchanges 4 • GI estimate low • **Gluten-free option**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA:  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)







## quick meals

GF LC

### MUG OMELETTE

PREP 5 MINS COOK 5 MINS

SERVES 1 (AS A LIGHT MEAL)

1 tsp light margarine  
1 eschalot (or ¼ red onion), finely chopped  
2 x 60g eggs  
1 tbsp chopped flat-leaf parsley  
1 tbsp finely chopped roasted red capsicum  
1 tbsp chopped chives  
1 tbsp reduced-fat grated cheese  
Freshly ground black pepper

**1** Put the margarine and eschalot or onion in a microwave-safe mug. Cook for 30 seconds on High/100%. Remove from the microwave and stir. Let the mug cool down a little, then swish the margarine and eschalot around the mug to coat the sides lightly.

**2** Put the eggs in a bowl or jug. Use a fork to whisk. Add the parsley, capsicum, chives, cheese and freshly ground black pepper. Stir.

**3** Pour the egg mixture into the mug and return it to the microwave cook for 20 seconds on High/100%. Next, open the microwave and stir the egg, repeat the cooking for 20 seconds on High/100% and stir again. Finally, cook for another 20 seconds on High/100%, during which time the egg will start to set.

**4** Remove the mug from the microwave and let it stand for 1 minute. If the omelette is not set enough for you, put it back in on Medium/50% for no more than 20 seconds.

### NUTRITION INFO

**PER SERVE** 975kJ (233Cal), **protein** 19g, **total fat** 15g (sat. fat 5g), **carbs** 6g, **fibre** 2g, **sodium** 304mg  
• Carb exchanges ½ • GI estimate low • **Gluten free** • **Lower carb**



# FAST & FRESH

These meals are on the table in 30 minutes (or less). You'll love how easy they are to prepare while still being packed with flavour and seasonal veg.



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92



GFO LC

**QUICK MUSHROOM NOODLE SOUP****PREP** 5 MINS **COOK** 10 MINS  
**SERVES** 1 (AS A LIGHT MEAL)

1 tsp sesame oil  
100g mixed mushrooms  
1 clove garlic, sliced  
Pinch of chilli flakes  
250ml (1 cup) salt-reduced vegetable stock or gluten-free stock  
150ml water  
100g udon noodles or gluten-free noodles  
1 head baby bok choy, halved lengthways  
2 tsp salt-reduced soy sauce or gluten-free soy sauce  
Squeeze of fresh lime or lemon juice  
1 tsp chilli oil

**1** Heat the sesame oil in a large, deep saucepan over medium heat. Add the mushrooms and cook, stirring often, for 3-4 minutes or until evenly coloured. Add the garlic and chilli flakes. Cook, stirring, for 1 minute.

**2** Add the stock and water to the pan and bring to the boil over high heat. Add the noodles and bok choy to the pan. Reduce heat to medium and simmer for 3-4 minutes or until the noodles are warmed through.

**3** Ladle the soup into a serving bowl and season with the soy sauce, squeeze of lime juice and the chilli oil. Serve immediately.

**NUTRITION INFO**

**PER SERVE** 1070kJ (256Cal),  
**protein** 10g, **total fat** 11g (sat. fat 2g), **carbs** 26g, **fibre** 6g, **sodium** 1180mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



**GFO LCO**

## GREEN SHAKSHUKA

**PREP** 10 MINS **COOK** 20 MINS  
**SERVES** 4 (AS A MAIN)

3 tbsp olive oil  
2 eschalots, thinly sliced  
1 large brown onion, finely chopped  
2 leeks, sliced  
3 cloves garlic, crushed  
2 tsp cumin seeds  
1 preserved lemon rind, finely chopped  
250g leafy greens (such as spinach, silverbeet or cavolo nero), tough stalks removed, leaves roughly chopped  
150g (1 cup) frozen peas  
Freshly ground black pepper  
1 bunch of coriander, mint or dill (or use a mixture), chopped  
4 x 60g eggs  
Zest and juice ½ lemon  
2 tsp harissa  
80g reduced-fat feta, crumbled  
4 Coles Mini White Flatbreads or gluten-free flatbread or wrap, heated, to serve  
100g natural yoghurt

**1** Heat 2 tbsp oil in a deep non-stick frying pan over medium heat. Add the eschalots and cook, stirring occasionally, for 5 minutes or until crisp. Use a slotted spoon to transfer the eschalots to a plate lined with paper towel.

**2** Reduce pan heat to medium-low. Add the remaining oil to the pan. Cook, stirring occasionally, for 10 minutes or until the onions and leeks soften but are not coloured. Add the garlic, cumin and preserved lemon. Cook, stirring, for 1 minute or until aromatic.

**3** Add the greens and peas to the pan. Season with pepper. Cover and continue to cook for 1 minute or until the greens wilt. Stir in most of the herbs, reserving some to sprinkle over to serve.

**4** Use the back of a spoon to create four to six gaps in the mixture. Crack an egg into each. Season the eggs with pepper. Cover the pan and cook for 4 minutes or until the whites are set and the yolks are still runny, or a bit longer according to your preference.

**5** Squeeze the lemon juice over the egg mixture, dot with the harissa, then scatter over the feta, lemon zest, reserved herbs and crispy eschalots. Serve with warm flatbreads, and the yoghurt on the side for everyone to help themselves.

### NUTRITION INFO

**PER SERVE** 2200kJ (526Cal),  
**protein** 25g, **total fat** 28g (sat. fat 6g), **carbs** 38g, **fibre** 10g, **sodium** 865mg • **Carb exchanges** 2½  
• **GI estimate** medium • **Gluten-free option**

### LOWER-CARB OPTION

Replace the flatbreads with 4 low carb wraps, such as Simson's Pantry keto wraps.

**PER SERVE** 2030kJ (486Cal),  
**protein** 29g, **total fat** 29g (sat. fat 8g), **carbs** 19g, **fibre** 18g, **sodium** 871mg • **Carb exchanges** 1½  
• **GI estimate** low • **Lower carb**



seasonal









GFO

**CREAMY BAKED GNOCCHI WITH PUMPKIN & SPINACH**

**PREP** 15 MINS **COOK** 15 MINS  
**SERVES** 4 (AS A MAIN)

450g peeled, deseeded and chopped pumpkin  
 Freshly ground black pepper  
 1 tbsp olive oil  
 2 cloves garlic, crushed  
 160g baby spinach leaves  
 250g smooth light ricotta  
 150ml water  
 Pinch ground nutmeg  
 3 tbsp grated parmesan  
 500g gnocchi or gluten-free gnocchi  
 3 tbsp fresh breadcrumbs or gluten-free breadcrumbs

**1** Put the pumpkin in a microwave-safe bowl with a splash of water and pepper. Cover and microwave on High/100% for 5 minutes. Drain and pat dry with paper towel. Put the pumpkin and 2 tsp oil in a bowl. Season with pepper and toss to combine. Cook in an air fryer set at 200°C for 12 minutes or until soft and caramelised (see Cook's tip).

**2** Meanwhile, heat 1 tsp of the remaining oil in a large ovenproof frying pan over medium heat. Add the garlic and cook, stirring, for 30 seconds or until light golden brown. Add the spinach and cook,

stirring, for 1-2 minutes or until the spinach wilts.

**3** When the pumpkin is tender, roughly mash half of it with a fork. Stir the mashed pumpkin and the ricotta into the spinach. Add enough of the water and stir until you have a smooth, creamy sauce.

**4** Stir the nutmeg and half the parmesan into the pumpkin mixture. Gently stir in the gnocchi and pumpkin chunks to coat in the sauce. Simmer for 1-2 minutes or until everything is heated through, adding a splash of water if the sauce is very thick. Scatter over the breadcrumbs and remaining parmesan.

**5** Heat the grill to medium-high. Slide the gnocchi under the grill for a few minutes or until golden and bubbling at the edges.

**NUTRITION INFO**

**PER SERVE** 1800kJ (431Cal),  
**protein** 21g, **total fat** 12g (sat. fat 5g), **carbs** 55g, **fibre** 7g, **sodium** 874mg • **Carb exchanges** 3½  
 • **GI estimate** medium • **Gluten-free option**

**COOK'S TIP**

You can choose to cook the pumpkin in an oven preheated to 200°C (fan-forced) for 25 minutes or until tender.



GFO LCO

## CURRIED POTATO FISH CAKES

**PREP** 5 MINS (+ 30 MINS CHILLING)

**COOK** 10 MINS **SERVES** 3 (AS A MAIN)

- 2 medium potatoes, cut into chunks
- 200g boneless and skinless white fish fillets
- 4 green shallots, sliced
- Freshly ground black pepper
- 2 tsp curry powder or gluten-free curry powder
- 2 pappadums crushed, or a handful of gluten-free breadcrumbs
- 2 tbsp olive oil
- 3 tbsp mango chutney or gluten-free chutney
- 3 lemon wedges, to serve

### SALAD

- 70g (2 cups) mixed salad leaves
- 100g cherry tomatoes, halved
- ½ small avocado, sliced
- 1 Lebanese cucumber, sliced
- Lemon juice, to drizzle

1 Cook the potatoes in a medium saucepan of boiling water for 12-15 minutes, adding the fish to the pan for the last few minutes of cooking, or until tender. Transfer the potatoes and fish to a bowl. Add the green shallots. Use a fork to roughly crush the mixture. Season with pepper. Stir in the curry powder. Shape the mixture into six patties.

3 Put the crushed pappadums onto a shallow plate. Press both sides of each fish cake into them to coat. Place the fish cakes on a plate. Cover with plastic wrap and place in the fridge for 30 minutes (or overnight if you like) to chill.

4 Heat the oil in a large non-stick frying pan over medium heat. Add the fish cakes and cook for 5 minutes on each side until golden and piping hot.

5 Meanwhile, to make the salad; toss all the ingredients in a bowl.

6 Serve the fish with the salad, mango chutney and lemon wedges for squeezing over.

### NUTRITION INFO

**PER SERVE** 1550kJ (371Cal),  
**protein** 19g, **total fat** 17g (sat. fat 3g), **carbs** 32g, **fibre** 7g, **sodium** 448mg • **Carb exchanges** 2 • **GI estimate** high • **Gluten-free option**

### LOWER-CARB OPTION

Replace the mango chutney with 3 tbsp tomato chutney

**PER SERVE** 1440kJ (344Cal),  
**protein** 19g, **total fat** 17g (sat. fat 3g), **carbs** 25g, **fibre** 7g, **sodium** 398mg • **Carb exchanges** 1½ • **GI estimate** high • **Gluten-free option** • **Lower carb**





seasonal

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



# PITA

Three cheers for the humble pita! Whether stuffed, topped or toasted, we love this versatile bread for lunch, dinner or in between

# PATTER

GFO

## HALOUMI & QUINOA FATTOUSH

**PREP** 10 MINS **COOK** 10 MINS

**SERVES** 4 (AS A MAIN MEAL)

2 (66g each) wholemeal pitas or  
gluten-free pitas, torn into pieces  
3 tbsp olive oil  
Juice of 2 lemons  
1 clove garlic, crushed  
Freshly ground black pepper  
250g salt-reduced haloumi, sliced  
70g ( $\frac{2}{3}$  cup) quinoa, cooked following  
packet directions  
1 large cucumber, deseeded and sliced  
350g tomatoes, quartered  
4 green shallots, sliced  
 $\frac{1}{2}$  small bunch mint, chopped  
 $\frac{1}{2}$  small bunch dill, roughly chopped

**1** Preheat the grill to high. Line a baking tray with baking paper. Toss the pita pieces and 1 tbsp oil in a bowl. Spread out in a single layer on the lined tray. Grill for 3-4 minutes, turning halfway, until golden and crisp. Set aside to cool.

**2** Meanwhile, whisk the remaining oil with the lemon juice and garlic in a small bowl. Season with pepper.

**3** Heat a large chargrill or non-stick frying pan over high heat. Add the haloumi and cook for 1-2 minutes on each side until lightly charred.

**4** Cook the quinoa following pack instructions. Transfer to a large bowl and set aside to cool. Once cool, add the cucumber, tomatoes, green shallot, most of the herbs and the dressing. Season with pepper. Toss to combine.

**5** Tip the salad onto a serving plate and top with the haloumi, pita and remaining herbs.

## NUTRITION INFO

**PER SERVE** 2170kJ (519Cal), **protein** 19g, **total fat** 32g (sat. fat 14g), **carbs** 34g, **fibre** 7g, **sodium** 796mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

## HOW DO THEY GET THE POCKET INTO PITAS?

Pita is a bread made with yeast and water. When cooked at a high temperature, the moisture in the bread expands, making the bread puff up to create an interior pocket. Once deflated, the layers inside remain separated. Flatbreads are 'pocketless pita'.





HOW OUR  
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see page 92





**Hot cumin lamb pita with  
crunchy slaw & spicy mayo**  
*Recipe, page 40*





*These pita pizzas made a tasty and super fast snack or light meal. They are also really versatile, swap out for any ingredients that take your fancy*

**Pita pizzas**  
Recipe, page 42



GFO

## CUMIN LAMB PITA WITH CRUNCHY SLAW & SPICY MAYO

PREP 10 MINS COOK 10 MINS

SERVES 4 (AS A MAIN MEAL)

- 4 (500g) small lamb leg steaks, trimmed of fat
- 2 tsp olive oil
- 1 heaped tsp ground cumin
- Freshly ground black pepper
- 1 tbsp sugar
- 3 tbsp white wine vinegar
- 2 carrots, coarsely grated
- 2 green shallots, finely sliced
- 400g white cabbage, very finely sliced
- 60g drained roasted red peppers, sliced or chopped
- 3 tbsp 97% reduced-fat mayonnaise or gluten-free mayonnaise
- 4 large (85g each) pita breads or gluten-free pita breads, warmed and split

**1** Preheat a chargrill pan on medium. Rub the lamb steaks with the oil and cumin. Season with pepper. Add to the chargrill and cook for 3-4 minutes each side or until cooked to your liking. Transfer to a plate and set aside to rest.

**2** Stir the sugar into the vinegar in a medium bowl until dissolved. Add the carrots, green shallots and cabbage. Season with pepper. Toss together. Put 40g of the peppers and the mayonnaise in a small food processor. Process until well combined.

**3** Add a heap of the salad to each split pita. Slice the lamb and lay on top of the salad, drizzling with the resting juices. Spoon over the pepper mayonnaise and scatter with a few of the remaining sliced peppers. Serve extra salad on the side.

### NUTRITIONAL INFO

**PER SERVE** 2090kJ (500Cal), **protein** 37g, **total fat** 11g (sat. fat 3g), **carbs** 59g, **fibre** 8g, **sodium** 698mg  
 • **Carb exchanges** 4 • **GI estimate** medium  
 • **Gluten-free option**

GFO

## TOASTER PITA POCKETS

PREP 5 MINS COOK 5 MINS SERVES 1 (AS A LIGHT MEAL)

- 1 (50g each) Mission Mini Pita Pockets or gluten-free pita pocket
- 1 tbsp of cottage cheese or ricotta
- 1 tbsp reduced-fat grated cheese
- 20g lean leg ham or gluten-free ham
- 3 slices tomato
- 2 tbsp drained no-added-salt corn kernels

**1** Pop the pita in the toaster for 30-60 seconds or until just puffed but not crisp.

**2** Meanwhile, combine the cheeses in a small bowl. Use a sharp serrated knife to slice an opening at one end of the pita. Use a teaspoon or a knife to spread the cheese mixture in.

**3** Push in some of the ham, tomato and corn, gently squash the pita closed between your hands, then put back in the toaster, cut-side up. Toast for 1-2 minutes or until golden and crisp.

### NUTRITIONAL INFO

**PER SERVE** 1060kJ (254Cal), **protein** 15g, **total fat** 6g (sat. fat 3g), **carbs** 32g, **fibre** 3g, **sodium** 596mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

GFO

## CHILLI PITA CHIPS

Preheat oven to 200°C (fan-forced). Toss 6 large (85g each) wholemeal or gluten free **pita breads**, cut into triangles, with 2 tbsp **olive oil** and 1 tsp **chilli flakes**. Bake on a baking tray for 10-15 minutes, turning halfway through cooking, until really crisp. Serve with your favourite healthy dips. **SERVES 12.**

### NUTRITIONAL INFO

**PER SERVE** 573kJ (137Cal), **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 20g, **fibre** 3g, **sodium** 206mg • **Carb exchanges** 1½ • **GI estimate** high • **Gluten-free option**



Toaster pita pockets  
Recipe, opposite

*If your kids – and their friends – can't wait for their next meal, these little pitas will keep them going in the meantime.*



## spotlight

GFO

### PITA PIZZAS

PREP 10 MINS COOK 10 MINS

SERVES 4 (AS A LIGHT MEAL)

4 (66g each) wholewheat pitas or gluten-free pitas

4 tsp sundried tomato pesto or gluten-free pesto

3 egg tomatoes, chopped

1 green shallot, thinly sliced

85g chorizo or gluten-free chorizo, chopped  
(see Cook's tip)

50g grated reduced-fat vintage cheese

A few basil leaves, to serve (optional)

1 Preheat oven to 180°C (fan-forced). Place a baking tray inside the oven to heat. Spread each pita with 1 tsp tomato pesto. Top with the tomatoes, shallot, chorizo and cheese.

2 Place the pita on the preheated tray and bake for 10 minutes or until the pitas are crisp, the cheese has melted and the chorizo is slightly crisp. Scatter with basil, if you like.

#### NUTRITIONAL INFO

**PER SERVE** 1180kJ (282Cal), **protein** 15g, **total fat** 9g (sat. fat 4g), **carbs** 31g, **fibre** 6g, **sodium** 600mg  
• Carb exchanges 2 • GI estimate medium • Gluten-free option

GFO

### MAKE IT DIFFERENT

Spread the pitas with 4 tsp basil pesto in place of the sundried tomato pesto or gluten-free pesto and replace the shallot and chorizo with ¼ cup drained no-added-salt corn kernels and shredded ham or gluten-free ham. Cook as above.

#### NUTRITIONAL INFO

**PER SERVE** 1170kJ (280Cal), **protein** 15g, **total fat** 8g (sat. fat 3g), **carbs** 34g, **fibre** 6g, **sodium** 684mg  
• Carb exchanges 2 ½ • GI estimate medium  
• Gluten-free option

### COOK'S TIP

For the best results, use a whole piece of chorizo and cut it yourself instead of using the pre-sliced variety, which is very thin



RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



Can't eat peanuts? Try this sunflower butter instead for a nut-free spread. A blender will give the best results.

# NOT-NUT BUTTER



GF LC

## SUNFLOWER SPREAD

**PREP** 30 MINS **COOK** 10 MINS  
**MAKES** 550G (ABOUT 40 TBSP)

**500g sunflower seeds**  
**3 tbsp coconut oil, melted**  
(optional)

**1** Put the sunflower seeds in a large dry non-stick frying pan. Cook, stirring, over low heat, for 3-4 minutes or until lightly toasted. This will enhance the flavour and help release the oils.

**2** Tip the warm seeds into a high-powered blender and blitz until finely chopped and powdery.

If your blender is high-speed, you can make the spread from the seeds alone – continue to blitz until the oils are released and the seeds turn into a smooth butter (this may take 20-30 minutes), stopping to scrape down the sides and let the motor rest occasionally. If you don't have a high-speed blender, slowly add the coconut oil with the motor running, and continue to blitz until the mix comes together into a ball, then transforms into a spread.

**3** Spoon the spread into a sterilised jar and keep in the fridge until needed.

## NUTRITION INFO

**PER SERVE (without coconut oil)**  
**(1 tablespoon)** 299kJ (72Cal),  
**protein** 3g, **total fat** 6g (sat. fat 1g),  
**carbs** 0g, **fibre** 1g, **sodium** 0mg  
• **Carb exchanges** 0 • **GI estimate**  
n/a • **Gluten free** • **Lower carb**

**PER SERVE (with coconut oil)**  
**(1 tablespoon)** 348kJ (83Cal),  
**protein** 3g, **total fat** 8g (sat. fat 2g),  
**carbs** 0g, **fibre** 1g, **sodium** 0mg  
• **Carb exchanges** 0 • **GI estimate**  
n/a • **Gluten free** • **Lower carb**

## COOK'S TIP

Keep in the fridge for up to 1 month.





**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92



Who doesn't love a curry! This fragrant collection features a few meat options and a couple of vegie ones, for plenty of variety.

# CURRYING flavour

GFO LC

## ONE-POT PRAWN & LENTIL CURRY

PREP 30 MINS COOK 1 HOUR 15 MINS SERVES 4 (AS A MAIN)

100g dried red lentils  
3 tbsp olive oil  
1 large brown onion, finely chopped  
6 cloves garlic, chopped or grated  
3cm piece ginger, peeled and chopped or grated  
1 tbsp cumin seeds  
1 tbsp ground coriander  
¼ tsp ground turmeric  
¼ tsp ground chillies  
1 tbsp tomato paste  
1 tsp tamarind paste or fresh lemon juice  
400g can no-added-salt chopped tomatoes  
600ml water  
250ml (1 cup) salt-reduced chicken stock or gluten-free stock  
1 tbsp garam masala  
400g green prawns, peeled and deveined, with tails left intact  
Sliced green chillies and coriander leaves, to serve (optional)  
Pickled red onions, to serve (optional), see recipe below

1 Put the lentils in a fine sieve and rinse under cold water until the water runs clear. Place the lentils in a large bowl and cover with cold water. Set aside to soak.

2 Meanwhile, heat 2 tbsp of the oil

in a large heavy based saucepan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion starts to turn golden. Add the garlic, ginger, cumin seeds, ground coriander, turmeric and ground chillies to the pan. Cook, stirring, for 3 minutes or until the mixture is sticky. Stir in the tomato paste, tamarind and the chopped tomatoes. Simmer, stirring occasionally, for 8-10 minutes or until you have a thick paste.

3 Rinse the soaked lentils again until the water runs clear, then drain. Stir the lentils into the tomato base. Add the water and stock. Bring to the boil over high heat. Reduce heat to medium-low, cover and cook, stirring occasionally, for 50-60 minutes, topping up with more water if needed, until the lentils are soft and have started to cook down into the sauce. Stir through the garam masala.

4 Add the prawns to the pan and cook, stirring occasionally, over medium heat until the prawns are just cooked. Slice the green chillies and sprinkle these over with a few coriander leaves, then scatter with

pickled onions (see recipe below) to serve.

**PICKLED ONIONS RECIPE** Finely slice 1 **red onion** and season with a small pinch of **salt**. Toss in 1 tsp **cumin seeds**, the juice of ½ **lemon** and 1 sliced **green chilli** (optional). Set aside for 5 minutes to soften. Serve.

### NUTITIONAL INFO

**PER SERVE** 1450kJ (348Cal), **protein** 20g, **total fat** 17g (sat. fat 3g), **carbs** 26g, **fibre** 9g, **sodium** 412mg • **Carb exchanges** 1 1/2 • **GI estimate** low • **Gluten-free option** • **Lower carb**

### COOK'S TIP

The recipe can be made up to the end of step 3 and set aside to cool completely. Place in a freezer-proof container. Cover and freeze for up to 6 months.

Freeze the prawns in a small resealable freezer bag. Defrost both in the fridge overnight.

Return the mixture to a saucepan and heat over medium heat until simmering. Add the prawns and cook for 4-5 minutes or until cooked through. Serve.





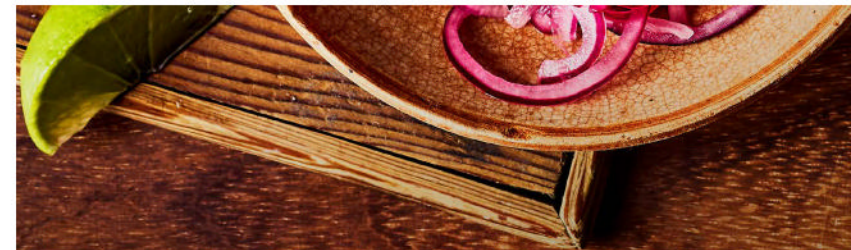
Aromatic chicken curry  
*Recipe, page 52*





Vegetable & lentil curry  
*Recipe, page 52*





*Saag is an Indian subcontinental leafy vegetable dish eaten with bread such as roti or naan, or in some regions with rice. Saag can be made from spinach, mustard greens, finely chopped broccoli or other greens, along with added spices.*

GF LCO

### CHICKEN SAAG

PREP 10 MINS COOK 30 MINS  
SERVES 2 (AS A MAIN)

2 tsp olive oil  
1 large brown onion, finely chopped  
2cm piece ginger, peeled and finely chopped  
2 large cloves garlic, finely chopped  
2 tsp garam masala  
1 tsp ground coriander  
½ tsp ground turmeric  
½ tsp cumin seeds  
250g skinless chicken breast fillets, trimmed of fat, cut into pieces  
2 tomatoes, chopped  
1 tbsp tomato paste  
160g baby spinach leaves, chopped  
3 tbsp reduced-fat Greek natural yoghurt

#### TURMERIC RICE

120g (⅔ cup) brown basmati rice  
¼ tsp ground turmeric  
3 cardamom pods, crushed and seeds removed

1 To make the turmeric rice, put the rice, turmeric and cardamom seeds in a medium saucepan. Pour over enough water to generously cover the rice. Put the lid on and bring to a simmer over medium-high heat. Reduce heat to low and simmer for 20 minutes or until tender. Remove the pan from the heat (draining if necessary) and set aside.

2 Meanwhile, heat the oil in a large saucepan over medium-low heat. Add the onion, ginger and garlic. Cover and cook, stirring occasionally, for 5 minutes or until starting to brown. Stir well. Add the garam masala, coriander, turmeric and cumin seeds. Cook, stirring for 1 minute, or until toasted and fragrant.

3 Add the chicken to the pan and cook, stirring, for 2 minutes. Add the chopped tomatoes, tomato paste and spinach. Cook, stirring, for 5 minutes or until the spinach wilts. Stir in the yoghurt and cook, stirring, for 1 minute.

4 Serve the chicken curry with the turmeric rice.

### NUTRITIONAL INFO

PER SERVE 2130kJ (510Cal),  
**protein** 40g, **total fat** 8g (sat. fat 2g), **carbs** 63g, **fibre** 9g, **sodium** 193mg • **Carb exchanges** 4  
• **GI estimate** medium • **Gluten free**

#### LOWER-CARB OPTION

Replace the rice with 250g (2 cups) cauliflower rice, warmed following packet instructions.

PER SERVE 1340kJ (320Cal),  
**protein** 38g, **total fat** 8g (sat. fat 2g), **carbs** 19g, **fibre** 10g, **sodium** 243mg • **Carb exchanges** 1½  
• **GI estimate** low • **Gluten free**  
• **Lower carb**

### COOK'S TIP

The curry can be frozen for up to 3 months. Defrost fully before reheating







GFO LCO

## ROASTED CAULIFLOWER & CHICKPEA COCONUT CURRY

PREP 20 MINS COOK 45 MINS

SERVES 4 (AS A MAIN)

1 large (800g) cauliflower, cut into florets  
4 tbsp olive oil  
2 tbsp black mustard seeds  
1 tbsp cumin seeds  
6 cardamom pods, seeds only  
420g can no-added-salt chickpeas, drained and rinsed  
Freshly ground black pepper  
2 brown onions, finely sliced  
5 cloves garlic, finely grated  
3cm piece ginger, finely grated  
1 tbsp ground coriander  
2 tsp turmeric  
1 tsp ground cumin  
½ tsp ground chillies (optional)  
400g can light coconut milk  
300ml salt-reduced vegetable stock or gluten-free stock  
Juice of 1 lime  
Handful of roughly chopped coriander  
8 pappadums, cooked in the microwave following packet instructions, to serve

1 Preheat oven to 180°C (fan-forced). Line a roasting tin with baking paper.  
2 Put the cauliflower, 1 tbsp of the oil, mustard seeds, cumin seeds, cardamom seeds and chickpeas into a large bowl. Season with pepper and toss to combine. Spread over the lined tin and roast for 20 minutes, tossing halfway through, until the cauliflower is caramelised but retains a little bite.

3 Meanwhile, heat the remaining oil in a shallow non-stick saucepan or wok over medium heat. Add the onions and cook, stirring occasionally, for 10-15 minutes or until golden. Stir in the garlic, ginger, coriander, turmeric, cumin and ground chillies. Cook, stirring, for 1 minute.

4 Pour the coconut milk and stock into the pan. Bring to a simmer over medium heat. Add the roasted cauliflower and chickpeas. Stir. Simmer for 5 minutes. Stir in the lime juice. Top with the coriander and serve with pappadums.

### NUTRITIONAL INFO

PER SERVE 1890kJ (452Cal), protein 14g, total fat 30g (sat. fat 10g), carbs 28g, fibre 11g, sodium 526mg • Carb exchanges 2 • GI estimate low • Gluten-free option

### LOWER-CARB OPTION

Omit the pappadums.

PER SERVE 1800kJ (430Cal), protein 12g, total fat 30g (sat. fat 10g), carbs 25g, fibre 9g, sodium 336mg • Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb









## mains

GF LCO

### AROMATIC CHICKEN CURRY

**PREP** 10 MINS **COOK** 25 MINS  
**SERVES** 4 (AS A MAIN)

2 tbsp olive oil  
4 cloves garlic, finely grated  
2 green chillies, 1 finely chopped,  
1 sliced, to serve (optional)  
350g passata  
1 tsp garam masala  
1 tsp ground coriander  
½ tsp ground turmeric  
½ tsp ground chillies  
½ tsp honey  
1 tbsp dried fenugreek leaves  
100ml boiling water  
2 tbsp light thickened cream  
Coriander leaves, to serve  
95g (½ cup) basmati rice, cooked,  
to serve

#### CHICKEN

150g natural yoghurt  
½ tsp garam masala  
½ tsp ground turmeric  
½ tsp ground chillies  
½ tsp ground coriander  
800g skinless and boneless  
chicken thigh fillets, trimmed of  
fat, cut into 2.5cm pieces

1 Heat the oil in a large saucepan over medium-high heat. Add the garlic and chopped green chilli. Cook, stirring, for 1-2 minutes or until the chilli starts to sizzle. Pour in the passata, then cover and cook over medium heat for 8 minutes.

2 Meanwhile, to prepare the chicken; put the yoghurt, garam masala, turmeric, ground chillies and coriander in a bowl. Mix well. Add the chicken and mix until well coated. Set aside and keep covered until needed, or marinate in the fridge for up to 24 hours, if you have time.

3 Stir the garam masala, coriander, turmeric and ground chillies into

the pan. Cook, stirring, for 1 minute. Stir in the boiling water.

4 Scrape the excess marinade off the chicken and add to the pan. Add the chicken to the pan, cover and cook over medium heat for 10-12 minutes or until cooked through. Add the honey and fenugreek, and mix well.

5 Drizzle the curry with the cream, sprinkle over the coriander leaves and the sliced green chilli, if using. Serve with the rice.

#### NUTRITIONAL INFO

**PER SERVE** 2110kJ (505Cal),  
**protein** 42g, **total fat** 23g (sat. fat 7g), **carbs** 30g, **fibre** 4g, **sodium** 329mg • **Carb exchanges** 1 ½ • **GI estimate** low • **Gluten free** • **Lower carb**

#### LOWER-CARB OPTION

Replace the rice with ½ cup (90g) quinoa, cooked following cooking instructions.

**PER SERVE** 2100kJ (502Cal),  
**protein** 43g, **total fat** 24g (sat. fat 7g), **carbs** 25g, **fibre** 6g, **sodium** 329mg • **Carb exchanges** 1 ½ • **GI estimate** low • **Gluten free** • **Lower carb**

### VEGETABLE & LENTIL CURRY

**PREP** 5 MINS **COOK** 45 MINS  
**SERVES** 4 (AS A MAIN)

2 tbsp olive oil  
2 brown onions, cut into rough wedges  
3 tbsp curry paste  
1 tsp ground turmeric  
475ml water  
375ml (1½ cups) salt-reduced vegetable stock or gluten-free stock

750g frozen mixed vegetables  
100g dried red lentils, rinsed until water runs clear  
90g (½ cup) basmati rice  
Pinch ground turmeric  
3 tbsp raisins  
Handful roughly chopped flat-leaf parsley, to serve  
2 tbsp mango chutney, to serve

1 Heat the oil in a large saucepan over high heat. Add the onions and cook, stirring often, for 8 minutes or until they are golden brown. Stir in the curry paste and 1 tsp ground turmeric. Cook, stirring, for 1 minute. Slowly pour in a little of the water so it sizzles, scraping any bits from the bottom of the pan. Gradually pour in the remaining water and stock.

2 Stir the frozen vegetables into the pan. Cover and reduce heat to medium-low. Simmer for 5 minutes. Add the lentils and simmer, stirring occasionally, for a further 15-20 minutes or until the vegetables and lentils are cooked.

3 While the curry is simmering, cook the rice according to the packet instructions, adding the turmeric to the cooking water. Drain well.

4 Stir the raisins and parsley into the curry. Serve with the rice and chutney.

#### NUTRITIONAL INFO

**PER SERVE** 2040kJ (488Cal),  
**protein** 16g, **total fat** 14g (sat. fat 2g), **carbs** 68g, **fibre** 15g, **sodium** 1010mg • **Carb exchanges** 4 ½ • **GI estimate** low • **Gluten-free option**



Green bean & cherry tomato traybake gratin Recipe, page 54

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92

With only 5-10 minutes of prep each, these recipes are just what you need at the end of a busy day. Also, one-pan equals less washing up, which is a winner in anyone's book!

# ONE-PAN DINNERS



**GFO**

## GREEN BEAN & CHERRY TOMATO TRAYBAKE GRATIN

**PREP** 5 MINS **COOK** 45 MINS**SERVES** 2 (AS A MAIN)

350g cherry tomatoes  
 1 tbsp olive oil  
 Small handful thyme sprigs, leaves picked  
 1 red onion, finely chopped  
 Freshly ground black pepper  
 25g (¼ cup) breadcrumbs or gluten-free breadcrumbs  
 40g (½ cup) finely grated reduced-fat cheese  
 1 tbsp ricotta  
 425g can no-added-salt cannellini beans, undrained  
 3 cloves garlic, crushed  
 200g green beans, trimmed

**1** Preheat oven to 180°C (fan-forced). Put the tomatoes into a roasting tin or casserole (leave them on the vine if that's how they come, as this adds flavour). Stir in the oil, thyme and onion. Season with pepper. Roast for 15-20 minutes or until the tomatoes are just beginning to burst.

**2** Meanwhile, combine the breadcrumbs, grated cheese and pepper in a bowl. Put the ricotta into a second bowl. Add the beans along with the liquid from the can and use a fork to lightly mash half the beans into the ricotta.

**3** Remove the tin from the oven. Add the garlic, green beans and mashed bean mix to tin. Stir well. Sprinkle over the breadcrumb mixture. Bake for another 15-20 minutes or until the topping is golden. Serve.

### NUTRITIONAL INFO

**PER SERVE** 1690kJ (404Cal), **protein** 21g, **total fat** 17g (sat. fat 6g), **carbs** 34g, **fibre** 17g, **sodium** 244mg • **Carb exchanges** 2½  
 • **GI estimate** low • **Gluten-free option**

**GFO****LC**

## TURMERIC FISH WITH CHICKPEA TRAYBAKE

**PREP** 10 MINS **COOK** 45 MINS**SERVES** 2 (AS A MAIN)

420g can no-added-salt chickpeas, drained and rinsed  
 2 tsp olive oil  
 2 cloves garlic, crushed  
 2 eschalots, finely chopped  
 3cm piece ginger, peeled and grated  
 2 tbsp tomato paste  
 200ml salt-reduced chicken stock or gluten-free stock  
 1 tsp ground turmeric  
 ¼-½ tsp chilli flakes  
 Freshly ground black pepper  
 2 x 125g pieces skinless blue-eye cod or firm white fish fillets  
 200g frozen spinach  
 ¼ cup coriander, roughly chopped, or a few whole leaves, to serve

**1** Preheat oven to 180°C (fan-forced). Line a 20 x 30cm roasting tin with baking paper. Put the chickpeas, oil, garlic, eschalots, ginger, tomato paste, stock and most of the turmeric and chilli flakes in a bowl. Season with pepper. Toss to combine. Spread out over the lined tin. Bake for 20-25 minutes or until the mixture is bubbling and the liquid reduces.

**2** Meanwhile, tip the remaining turmeric and chilli flakes onto a shallow plate. Season with pepper. Press the fish into the mixture to coat. Remove the roasting tin from the oven and nestle the fish and frozen spinach into the chickpeas. Cook for 10 minutes, then carefully stir the spinach into the chickpeas. Return to the oven for 5 minutes more or until the fish is cooked through and opaque.

**3** Spoon the fish and chickpea mixture into serving bowls. Scatter over the coriander to serve.

### NUTRITIONAL INFO

**PER SERVE** 1460kJ (349Cal), **protein** 37g, **total fat** 10g (sat. fat 2g), **carbs** 21g, **fibre** 12g, **sodium** 554mg • **Carb exchanges** 1½  
 • **GI estimate** low • **Gluten-free option**  
 • **Lower carb**



**one-pan**

**Turmeric fish with  
chickpea traybake**  
*Recipe, opposite*





one-pan

Crispy gnocchi traybake with  
leeks & broccoli  
*Recipe, page 58*









GFO

## CRISPY GNOCCHI TRAYBAKE WITH LEEKS & BROCCOLI

**PREP** 10 MINS **COOK** 45 MINS  
**SERVES** 4 (AS A MAIN)

1 head (400g) broccoli, cut into bite-sized pieces, stalks cut into 1cm chunks  
2 leeks, finely sliced  
60ml (¼ cup) water  
2 tbsp olive oil  
½-1 tsp chilli flakes  
Freshly ground black pepper  
400g fresh gnocchi or gluten-free gnocchi  
3 cloves garlic, thinly sliced  
1 lemon, zested then cut into wedges  
70g (⅔ cup) reduced-fat grated cheese  
Small handful flat-leaf parsley, finely chopped

**1** Preheat oven to 180°C (fan-forced). Put the broccoli florets and stalks into a 20 x 30cm roasting tin. Add the leeks, water, half the olive oil and chilli flakes. Season well with pepper and toss to combine. Roast for 20 minutes or until the broccoli is almost tender.

**2** Combine the gnocchi with the garlic, remaining oil and the lemon zest in a bowl. Add to the roasting tin. Stir to combine. Sprinkle over the cheese. Cook for 20-25 minutes or until the gnocchi and cheese are golden.

**3** Sprinkle the parsley over the gnocchi. Serve with the lemon wedges.

### NUTRITIONAL INFO

**PER SERVE** 1480kJ (354Cal), **protein** 16g, **total fat** 15g (sat. fat 4g), **carbs** 33g, **fibre** 10g, **sodium** 584mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

GFO

## APRICOT-GLAZED CHICKEN & LENTIL TRAYBAKE

**PREP** 10 MINS **COOK** 55 MINS  
**SERVES** 4 (AS A MAIN)

2 tbsp St Dalfour apricot spread  
1 tsp olive oil  
1 tbsp salt-reduced soy sauce or gluten-free soy sauce  
2 cloves garlic, crushed  
1 tbsp rice vinegar  
1 large cauliflower  
Freshly ground black pepper  
275g dried green lentils, rinsed  
500ml (2 cups) hot salt-reduced chicken stock or gluten-free stock  
200ml boiling water  
500g boneless, skinless chicken thigh fillets, trimmed of fat  
120g mixed salad leaves, to serve

**1** Preheat oven to 180°C (fan-forced). Combine the jam, oil, soy sauce, garlic and vinegar in a small bowl. Season well with pepper. Tear the leaves off the cauliflower, discarding any discoloured ones, and set the rest aside. Cut the cauliflower stalk and florets into bite-sized pieces.

**2** Combine the lentils, cauliflower stalks and florets, chicken stock and water in a 20 x 30cm roasting tin or casserole dish. Season with pepper. Roast for 20 minutes. Season the chicken thighs with pepper and toss in the jam glaze.

**3** Remove the tin from the oven and nestle the chicken thighs into the lentils, along with any excess glaze. Bake for 20 minutes. Remove from the oven, nestle the cauliflower leaves between the chicken thighs and bake for 15 minutes more until the chicken is cooked through.

**4** Serve chicken with salad leaves.

### NUTRITIONAL INFO

**PER SERVE** 2020kJ (483Cal), **protein** 44g, **total fat** 10g (sat. fat 2g), **carbs** 47g, **fibre** 12g, **sodium** 683mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**



GFO

## STICKY MISO EGGPLANT TRAYBAKE

PREP 5 MINS COOK 45 MINS SERVES 2 (AS A MAIN)

2 large (600g each)  
eggplants, halved lengthways  
2 tsp sesame oil  
1½ tbsp white miso or gluten-free  
miso  
1 tbsp mirin  
2 tsp honey  
2 tbsp water  
120g cup cooked brown rice,  
heated following packet  
directions  
2 tsp sesame seeds  
2 green shallots, finely sliced

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

2 Score the flesh of the eggplants in a deep criss-cross pattern, being careful not to cut through to the skin. Arrange on the lined tray. Brush the flesh with the sesame oil. Turn so they're cut-side down,

and roast for 15-20 minutes or until just softening.

3 Meanwhile, combine the miso, mirin, honey and water in a small bowl. Remove the eggplant from the oven and turn so they're cut-side up, then brush over the miso glaze. Return to the oven for 15-20 minutes, or until fully soft and caramelised.

4 Preheat grill on high. Slide the eggplants under the grill for 5 minutes or until bubbling (watch closely so the baking paper doesn't catch).

5 Place the rice on serving plates. Top with the eggplant, sesame seeds and green shallots.

### NUTRITIONAL INFO

PER SERVE 1550kJ  
(371Cal), **protein** 12g,  
**total fat** 10g (sat. fat  
1g), **carbs** 49g, **fibre**  
17g, **sodium** 588mg  
• **Carb exchanges** 3 ½  
• **GI estimate** medium  
• **Gluten-free option**





3 ways





3 ways

# 3 ways with **RICOTTA**

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 90

This versatile whey cheese can be used in sweet or savoury dishes. The light version is just as creamy but has 50 per cent less fat and 30 per cent fewer calories than regular ricotta.



Roasted veg & ricotta salad  
*Recipe, page 63*





**Vegetable &  
ricotta tart**  
*Recipe, opposite*



GFO

**VEGETABLE & RICOTTA TART****PREP** 15 MINS **COOK** 50 MINS  
**SERVES** 4 (AS A MAIN MEAL)

- 1 (about 600g) butternut pumpkin, peeled and deseeded, cut into 2cm cubes
- 2 tbsp olive oil
- Freshly ground black pepper
- 1 sheet ready-rolled 25% reduced-fat puff pastry or gluten-free pastry, thawed
- 250g light smooth ricotta
- 2 tbsp finely chopped sage
- Pinch ground nutmeg
- Zest and juice of ½ lemon
- Freshly ground black pepper
- 70g rocket leaves
- 1 red chilli, deseeded and finely chopped
- 2 tbsp pine nuts, toasted

1 Preheat oven to 200°C (fan-forced). Line two baking trays with baking paper. Put the pumpkin on one of the lined trays. Drizzle over half the oil and season with pepper. Toss to combine. Spread the pumpkin in a single layer. Roast for 30-35 minutes or until the pumpkin is tender.

2 Meanwhile, place the sheet of pastry on the second lined tray. Use the tip of a small sharp knife to score a 1cm border around the edge of the pastry. Use a fork to prick the inside part all over. Bake in the oven (while the pumpkin is cooking) for 15 minutes.

3 Put the ricotta, sage, nutmeg and lemon zest in a bowl. Season with pepper. Stir to combine.

4 Once the pastry and pumpkin is cooked, remove from the oven. Use the back of a spoon to gently press the centre of the pastry case down. Spread the ricotta mix into the centre. Lay the pumpkin on top. Bake for a further 10-15 minutes or until the pastry is golden and crisp.

5 Mix the lemon juice, rocket, chilli, pine nuts and remaining oil in a small bowl. Scatter half over the tart and serve the rest on the side.

**NUTRITIONAL INFO**

**PER SERVE** 1760kJ (421Cal),  
**protein** 16g, **total fat** 23g (sat. fat 7g), **carbs** 33g, **fibre** 7g, **sodium** 263mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

GF

**ROASTED VEG & RICOTTA SALAD****PREP** 10 MINS **SERVES** 4 (AS A SIDE)

- 250g chargrilled roasted vegetables, patted dry with paper towel, cut into strips or small pieces
- 250g cooked quinoa (see cook's tip)
- 2 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- Freshly ground black pepper
- 125g reduced-fat, fresh ricotta, crumbled

1 Put the vegetables and grains in a large bowl. Toss to combine.

2 Whisk the lemon juice, oil and vinegar in a small bowl. Season with pepper.

3 Add the dressing to the vegetables and toss to combine.

4 Divide the salad between serving plates. Sprinkle over the ricotta and serve.

**NUTRITIONAL INFO**

**PER SERVE** 782kJ (187Cal), **protein** 5g, **total fat** 9g (sat. fat 3g), **carbs** 18g, **fibre** 3g, **sodium** 284mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

**COOK'S TIP**

If you don't have any leftover cooked quinoa, around 80-90g raw quinoa will give you 250g cooked quinoa





### 3 ways

## RICOTTA & CHOCOLATE TOASTIE

**PREP** 5 MINS **COOK** 10 MINS

**SERVES** 4 (AS AN OCCASIONAL DESSERT)

20g light margarine

4 (42g each) slices brioche bread

50g smooth light ricotta

10g dark chocolate, finely grated

**1** Spread the margarine over one side of each slice of bread. Flip two of the slices over and top with the ricotta and chocolate. Place the remaining two slices of bread on top, buttered-side out.

**2** Add the sandwiches to a large non-stick frying pan over medium heat. Cook for 2-3 minutes each side or until golden. Halve each sandwich and serve half per person.

### NUTRITIONAL INFO

**PER SERVE** 711kJ (170Cal), **protein** 6g,  
**total fat** 6g (sat. fat 3g), **carbs** 22g, **fibre** 1g,  
**sodium** 159mg • **Carb exchanges** 1½  
• **GI estimate** high



RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTY IMAGES  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



## BOOK EXTRACT

### NUTRITION INFO

GF LC

**PER SERVE** 1400kJ (335Cal),  
**protein** 42g, **total fat** 17g (sat. fat  
5g), **carbs** 3g, **fibre** 4g, **sodium**  
330mg • **Carb exchanges** 0  
• **GI estimate** N/A • **Gluten free**  
• **Lower carb**

### NUTRITION INFO

**PER SERVE (with boost)** 1670kJ  
(399Cal), **protein** 5g, **total fat** 17g  
(sat. fat 5g), **carbs** 15g, **fibre** 6g,  
**sodium** 336mg • **Carb exchanges** 1  
• **GI estimate** medium • **Gluten free**  
• **Lower carb**

Enjoy these delicious recipes from *The Fastest Diet*, which presents an intermittent fasting formula to supercharge weight loss



CREAMY HERBY  
STEAK SKEWERS  
WITH GRILLED  
BROCCOLI  
*Recipe, page 68*

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 92

# THE FASTEST diet



# BBQ STEAK FAJITA BOWL

Recipe, page 68



## NUTRITION INFO



**PER SERVE** 1520kJ (364Cal),  
**protein** 34g, **total fat** 14g (sat.  
fat 3g), **carbs** 18g, **fibre** 10g,  
**sodium** 190mg

- Carb exchanges 1
- GI estimate low • Gluten free •  
Lower carb

## NUTRITION INFO

**PER SERVE (with boost)** 2240kJ  
(536Cal), **protein** 39g, **total**  
**fat** 19g (sat. fat 6g), **carbs** 45g,  
**fibre** 12g, **sodium** 457mg

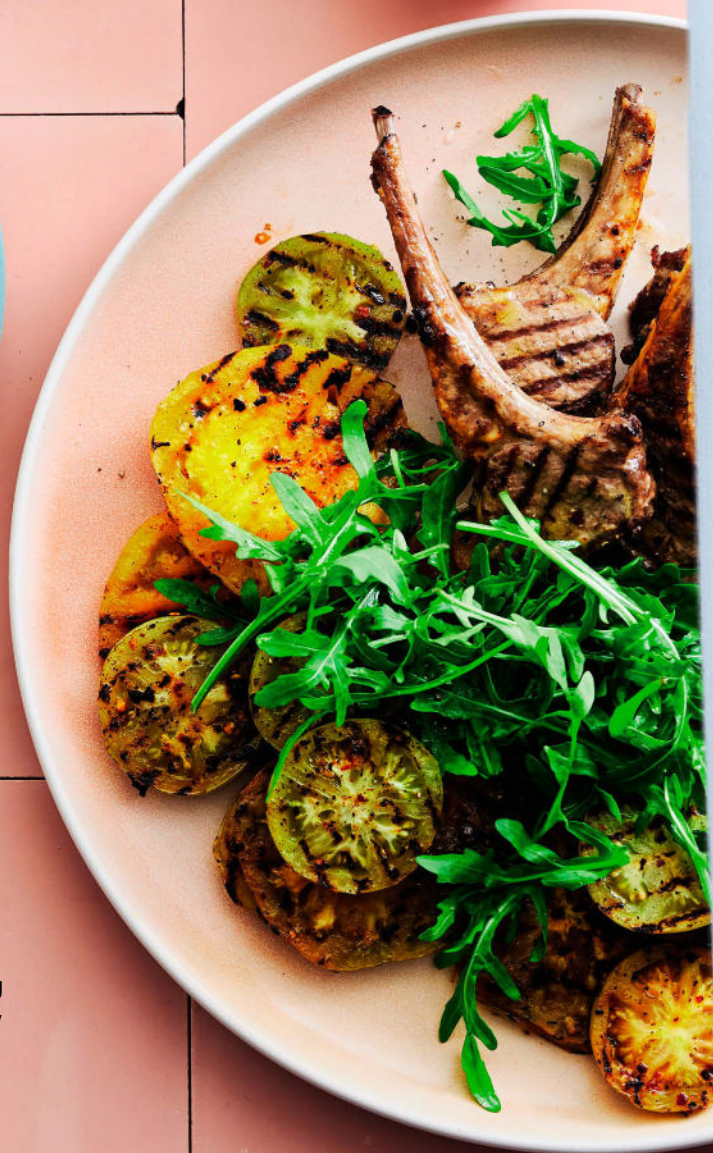
- Carb exchanges 3
- GI estimate low



## BOOK EXTRACT

### CHARGRILLED GREEN TOMATOES & LAMB CHOPS WITH PICKLED YOGHURT

*Recipe, page 70*



GF LC

### NUTRITION INFO

**PER SERVE** 1780kJ (425Cal),  
**protein** 47g, **total fat** 22g (sat. fat  
8g), **carbs** 8g, **fibre** 3g, **sodium** 217mg  
• Carb exchanges  $\frac{1}{2}$  • GI estimate low  
• Gluten free • Lower carb



## CREAMY HERBY STEAK SKEWERS WITH GRILLED BROCCOLI

**SERVES** 4 (AS MAIN MEAL)  
**PREP** 5 MINS **COOK** 30 MINS

650 g beef steak, such as scotch fillet, rump, blade or eye fillet  
2 teaspoons extra-virgin olive oil  
2 teaspoons ground cumin  
12 metal skewers, or wooden skewers soaked in water  
40 g (2 cups) baby spinach leaves  
75 g (1/3 cup) labne  
115 g (1/2 cup) salsa verde

### GRILLED BROCCOLI

1 tablespoon extra-virgin olive oil  
1 head of broccoli, cut into quarters

Preheat the oven to 180°C. Slice the steak into 5 mm pieces against the grain. Add to a bowl with the olive oil, cumin and 1/4 teaspoon freshly ground black pepper and toss to coat well. Thread the steak onto 12 skewers, then set aside.

Preheat a barbecue grill plate to high, or heat a cast-iron chargrill pan over high heat on the stovetop.

For the grilled broccoli, put the broccoli in a bowl, then add the olive oil and massage it into the broccoli pieces. Add the broccoli to the barbecue or chargrill pan and cook for 3 minutes on each side until charred. Transfer to a baking tray and cook in the oven for 20 minutes, until tender.

Keeping the barbecue or chargrill pan over high heat, add the steak skewers, cooking them for 3 minutes on one side, then flipping and cooking for another 1 minute (they should be charred but still pink through the middle). Set aside to rest until ready to serve.

Divide the steak skewers and

grilled broccoli between four plates. Serve with the baby spinach and labne and spoon some salsa verde over the top.

**NOTES** To turn this into an easy salad bowl, roughly chop the cooked broccoli and remove the grilled steak from the skewers. Toss in a bowl with the spinach, labne and salsa verde.  
**BOOST** Roast 2 medium potatoes (300 g in total) with the broccoli to add to this meal.

## BBQ STEAK FAJITA BOWL

**SERVES** 4 (AS MAIN MEAL)  
**PREP** 10 MINS **COOK** 15 MINS

1 teaspoon extra-virgin olive oil  
2 teaspoons dried oregano  
2 teaspoons smoked paprika (see note)  
500 g lean beef steak, such as scotch fillet, rump, blade or eye fillet, trimmed of excess fat  
1 red onion, cut into 1 cm slices  
2 red capsicums, deseeded and cut into 1 cm slices  
1 avocado  
60 g (1/4 cup) low-fat natural yoghurt  
1 x 400 g can corn kernels, drained and rinsed  
3 tomatoes, sliced  
2 tablespoons finely chopped flat-leaf parsley  
1 lime, sliced into wedges

Add the olive oil, oregano, paprika, and a pinch of freshly ground black pepper to a bowl and mix to combine. Massage this mixture into the steak on both sides.

Heat a barbecue grill plate to high, or heat a cast-iron chargrill pan over high heat on the stovetop. Once hot, add the steak and cook for 3 minutes on each side for medium-rare. Set aside and allow to rest for 10 minutes before cutting into 5 mm slices.

While the meat is resting, add the onion and capsicum to the hot barbecue or chargrill pan. Cook, tossing, for 5 minutes, until charred and tender.

Mash the avocado and yoghurt together with some freshly ground black pepper.

Divide the grilled vegies and sliced steak between four bowls. Serve with the corn, tomato, parsley, avocado yoghurt and lime wedges.

**NOTE** You can replace the smoked paprika with 1 tablespoon store-bought Mexican spice blend.

**BOOST** Serve each bowl with 2 x 25 g mini tortillas.

## RESTING ROAST CHICKEN ON RATATOUILLE BED

**SERVES** 4 (AS MAIN MEAL)  
**PREP** 10 MINS **COOK** 35 MINS

600 g chicken thigh fillets, trimmed of excess fat  
1 teaspoon extra-virgin olive oil  
1 tablespoon apple cider vinegar  
8 garlic cloves, finely sliced  
10 green olives, pitted and roughly chopped  
1 bunch of oregano, leaves picked  
2 zucchini, cut into 2 cm slices  
3 roma tomatoes, quartered  
1 red onion, roughly chopped  
2 red capsicums, deseeded and chopped into 2 cm chunks  
250 ml (1 cup) chicken stock

Preheat the oven to 180°C. Season the chicken thighs on both sides with some freshly ground black pepper. Heat the olive oil in a large cast-iron ovenproof pot over medium-high heat. Once the oil is hot, add the chicken to the pot and cook for 4 minutes on each side until golden brown and cooked through. Remove the chicken from the pot and set aside.



## BOOK EXTRACT

### RESTING ROAST CHICKEN ON RATATOUILLE BED

*Recipe, page 68*



LC

#### NUTRITION INFO

**PER SERVE** 1820kJ (435Cal),  
protein 26g, total fat 29g (sat. fat  
8g), carbs 13g, fibre 7g, sodium  
392mg • Carb exchanges 1  
• GI estimate low • Lower carb

**PER SERVE (with boost)** 2330kJ  
(557Cal), protein 31g, total fat  
30g (sat. fat 8g), carbs 36g, fibre  
8g, sodium 623mg • Carb  
exchanges 2½ • GI estimate low



Add the vinegar, garlic, olives and oregano to the pot and cook for 1 minute, scraping off any chicken bits from the bottom of the pot. Add the zucchini, tomatoes, onion, capsicum, stock and a pinch of freshly ground black pepper. Bring to a simmer, then remove from the heat. Place a lid on the pot, then transfer to the oven and bake for 20 minutes.

In the last 5 minutes of cooking time, nestle the chicken thighs (and any juice) into the pot. Return to the oven and bake for another 5 minutes, until the chicken has warmed through.

Divide the chicken and vegetables between four plates and serve.

**BOOST:** Serve with 1 slice (50 g) of toasted, crusty sourdough bread to mop up all the juices.

## CHARGRILLED GREEN TOMATOES & LAMB CHOPS WITH PICKLED YOGHURT

**SERVES** 4 (AS MAIN MEAL)  
**PREP** 10 MIN **COOK** 10 MINS

2 teaspoons extra-virgin olive oil  
12 lamb chops (1.3 kg), excess fat removed  
2 cups rocket leaves

**GRILLED GREEN TOMATOES**  
500 g green tomatoes, sliced 1 cm thick  
2 garlic cloves, minced  
Juice of 1 lemon  
¼ teaspoon dried chilli flakes

**PICKLE YOGHURT**  
35 g (¼ cup) finely chopped gherkins  
125 g (½ cup) low-fat natural yoghurt

To make the pickle yoghurt, add the gherkins and yoghurt to a bowl and mix to combine. Set aside.

Drizzle the olive oil over the lamb chops and season with freshly ground black pepper. Massage the oil and seasoning into the meat.

For the grilled green tomatoes, put the tomatoes in a large bowl with the garlic. Sprinkle the lemon juice over and season with the chilli flakes and a pinch of freshly ground black pepper. Toss to coat.

Preheat a barbecue grill plate to high, or heat a cast-iron chargrill pan over high heat on the stovetop, until it is almost smoking.

Add the tomatoes and lamb to the barbecue or chargrill pan. Cook the tomatoes for 2 minutes on each side until charred. Cook the lamb for 3 minutes on each side for medium. Transfer to a plate and allow to rest for a few minutes.

Divide the lamb chops, grilled green tomatoes, rocket leaves and the pickle yoghurt between four plates and serve.

## THAI BEEF, MANGO & PEANUT SALAD

**SERVES** 4 (AS MAIN MEAL)  
**PREP** 10 MINS **COOK** 10 MINS

500 g lean beef steak  
½ teaspoon extra-virgin olive oil

**DRESSING**  
2 tablespoons fish sauce  
1½ tablespoons rice wine vinegar  
Juice of 1 lime  
1 tablespoon honey  
1 small garlic clove, finely minced  
Pinch of dried chilli flakes

**MANGO & PEANUT SALAD**  
1 carrot, shredded  
1 Lebanese cucumber, finely sliced into half moons  
¼ red onion, finely sliced  
60 g (3 cups) baby spinach leaves  
1 cup coriander leaves, roughly chopped

1 cup mint leaves, roughly chopped  
30 g (¼ cup) roasted, unsalted peanuts, chopped  
1 ripe mango, sliced

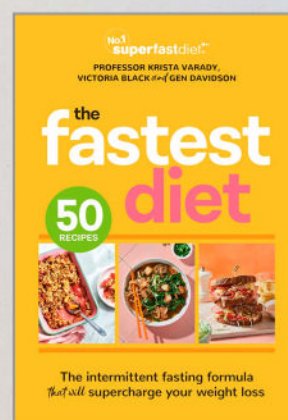
Heat the olive oil in a large non-stick frying pan over high heat. Once hot, add the steak and cook for 3–4 minutes on each side. Remove from the heat and transfer to a plate to rest for 5 minutes, then slice finely.

Add all the dressing ingredients to a jar and shake to combine.

For the mango and peanut salad, add all the ingredients to a large bowl and toss to combine. Drizzle with the dressing and toss to coat.

Divide the salad between four plates and serve with the sliced steak.

**NOTES** To keep this salad for leftovers, keep the dressing in the jar and only pour it over the salad right before you eat.



*'The Fastest Diet*  
by Victoria Black,  
Gen Davidson and  
Krista Varady, published  
by Macmillan Australia,  
RRP \$39.99.'





THAI BEEF,  
MANGO &  
PEANUT SALAD

*Recipe, opposite*



**NUTRITION INFO**

**PER SERVE** 1330kJ (318Cal),  
protein 32g, total  
fat 10g (sat. fat 3g), carbs 22g,  
fibre 6g, sodium 1120mg •  
Carb exchanges 1½ • GI  
estimate low • Gluten free  
• Lower carb





Spiced roast  
carrot, lentil &  
feta salad  
*Recipe, page 74*



the  
**VEGETABLE**  
UNDERGROUND



**vegetarian**

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92

Roasted vegetable & sage soup Recipe page 76

The arrival of autumn heralds a bounty of root vegetables like carrots, parsnips and swede. Take advantage of the abundant supply with these beautiful vegetarian dishes



## vegetarian

GF

### SPICED ROAST CARROT, LENTIL & FETA SALAD

PREP 10 MINS COOK 30 MINS

SERVES 6 (AS A SIDE)

500g carrots, halved and cut into sticks

1 tbsp cumin seeds

2 tbsp olive oil

Freshly ground black pepper

1 tbsp honey

420g can no-added-salt brown lentils, rinsed and drained

1 red onion, finely sliced

Juice of ½ lemon

Large handful mint leaves, roughly chopped

100g lettuce leaves

85g reduced-fat feta, crumbled

1 Preheat oven to 180°C (fan-forced). Line a shallow roasting tin with baking paper. Put the carrot, cumin seeds and half the oil in a bowl. Season with pepper. Toss to combine. Transfer to the lined tin. Roast for 25 minutes, turning halfway through cooking. Drizzle over the honey and stir. Roast for a further 5 minutes.

2 Meanwhile, put the lentils, onion, lemon juice and remaining oil in a bowl. Season with pepper. Toss to combine. Set aside.

3 Toss the dressed lentils with the mint and lettuce. Place on a serving platter. Top with the warm spiced carrots and sprinkle over the feta.

#### NUTRITION INFO

**PER SERVE** 785kJ (188Cal), **protein** 8g, **total fat** 9g (sat. fat 2g), **carbs** 17g, **fibre** 6g, **sodium** 209mg •

**Carb exchanges** 1 • **GI estimate** low • **Gluten free**

#### COOK'S TIP

Serve with grilled skinless chicken breast fillet or your favourite fish



GF

### ROOT VEGIES LENTIL BOWL WITH HERB PISTOU

PREP 30 MINS COOK 50 MINS SERVES 6 (AS A SIDE)

300g carrots

300g parsnips

1 tsp harissa paste

2 tbsp olive oil

Freshly ground black pepper

150g baby spinach leaves

1 tbsp water

½ small bunch of coriander

½ small bunch of mint

1 small clove garlic

30g mixed nuts, toasted and cooled

Zest and juice 1 lemon

400g can no-added-salt brown lentils, rinsed and drained

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

2 Slice the carrots into chunks, or halve lengthways if they are small, and quarter the parsnips lengthways. Put the root vegetables, harissa and 2 tsp oil in a bowl. Season with pepper. Tip onto the lined tray and roast for 40-45

minutes or until tender. Add the spinach and water to the roast vegetables for the last 5 minutes of cooking.

3 Put the coriander, mint, garlic, nuts and remaining oil in a small food processor. Blend until smooth, adding 1 tbsp water if needed. Season with pepper and stir in the lemon zest and juice.

4 Put the lentils and a few tablespoons water in a small saucepan and cook, stirring, over medium heat for 2-3 minutes or until warmed through. Add to the vegetable mixture and toss to combine. Spoon into serving bowls and top with the herb pistou.

#### NUTRITION INFO

**PER SERVE** 771kJ (184Cal), **protein** 6g, **total fat** 9g (sat. fat 1g), **carbs** 15g, **fibre** 7g, **sodium** 230mg •

**Carb exchanges** 1 • **GI estimate** low • **Gluten free**



**GF LC HONEY-ROASTED SWEDE WITH CHILLI & CUMIN**

**PREP** 10 MINS **COOK** 50 MINS  
**SERVES** 4 (AS A SIDE)

- 1 large swede, cut into large chunks
- 2 tbsp olive oil
- Freshly ground black pepper
- 1 tbsp honey
- 1 tsp cumin seeds
- 1 large red chilli, deseeded and chopped
- 1 small bunch coriander, chopped

**1** Preheat oven to 180°C (fan-forced). Line a shallow roasting tin with baking paper. Add the swede to the tin. Drizzle over the oil. Season with pepper. Toss to coat. Roast for 35-40 minutes, tossing occasionally, until the swede is golden and soft.

**2** Stir the honey and cumin seeds through the vegetables. Continue

to roast for 10 minutes or until light golden. Stir through the chilli and coriander. Serve.

**NUTRITION INFO**

**PER SERVE** 556kJ (133Cal),  
**protein** 1g, **total fat** 9g (sat. fat 1g),  
**carbs** 10g, **fibre** 3g, **sodium** 16mg  
• Carb exchanges ½ • GI estimate high • Gluten free • Lower carb





GFO LC

## ROASTED VEGETABLE & SAGE SOUP

PREP 15 MINS COOK 45 MINS

SERVES 4 (AS A SNACK OR ENTREE)

1 parsnip, chopped  
2 carrots, chopped  
300g turnip, swede or celeriac, chopped  
4 cloves garlic, unpeeled  
1 tbsp olive oil, plus ½ tsp, extra  
Freshly ground black pepper  
1 tsp maple syrup  
¼ small bunch of sage, leaves picked, 4 whole, the rest finely chopped  
750ml (3 cups) salt-reduced vegetable stock or gluten-free stock  
Pinch ground nutmeg  
1½ tbsp low-fat natural yoghurt

1 Preheat oven to 180°C (fan-forced). Line a roasting tin with baking paper. Put the parsnip, carrot, turnip and garlic in a large bowl. Add 1 tbsp oil and season with pepper. Tip into the lined tin and roast for 30 minutes or until tender.

2 Drizzle the maple syrup and the chopped sage over the vegetables. Toss to combine. Roast for a further 10 minutes or until golden and glazed. Brush the whole sage leaves with ½ tsp oil and add to the roasting tin during the last 3-4 minutes to crisp up. Remove the whole leaves from the tin and set aside.

3 Scrape the vegetables into a saucepan. Squeeze the garlic out of the skins, discarding the papery shells, and add to the pan with the stock. Use a handheld blender to blend until very smooth and creamy. Bring to a simmer over medium heat. Stir in the nutmeg and season with pepper.

4 Divide the soup between serving bowls. Serve with a swirl of yoghurt and the crispy sage leaves.

### NUTRITION INFO

**PER SERVE** 524kJ (125Cal), **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 12g, **fibre** 6g, **sodium** 546mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO

## SPICY ROOT VEGETABLE & LENTIL CASSEROLE

PREP 10 MINS COOK 35 MINS

SERVES 4 (AS A MAIN)

2 tbsp olive oil  
1 brown onion, chopped  
2 cloves garlic, crushed  
600g Zerella Spud Lite Potatoes, cut into chunks  
4 carrots, thickly sliced  
2 parsnips, thickly sliced  
2 tbsp curry paste or 1 tsp gluten-free curry powder  
750ml (3 cups) salt-reduced vegetable stock or gluten-free stock  
250ml (1 cup) water  
100g dried red lentils  
1 small bunch coriander, roughly chopped  
Freshly ground black pepper  
2 tbsp low-fat natural yoghurt, per serve  
4 Simson's Pantry Mini Naans or gluten-free naan bread, to serve

1 Heat the oil in a large saucepan over medium heat. Add the onion and garlic and cook, stirring occasionally, for 3-4 minutes until the onion starts to soften. Stir in the potatoes, carrots and parsnips. Increase heat to high. Cook, stirring often, for 6-7 minutes, or until the vegetables are golden.

2 Stir the curry paste into the pan and cook, stirring, for 1 minute. Stir in the stock and water. Bring to the boil. Reduce heat to medium and add the lentils. Cover and simmer, stirring occasionally, for 15-20 minutes or until the lentils and vegetables are tender and the sauce thickens.

3 Stir most of the coriander into the casserole. Season with pepper. Top with the yoghurt and the remaining coriander. Serve with the naan bread.

### NUTRITION INFO

**PER SERVE** 1990kJ (476Cal), **protein** 17g, **total fat** 13g (sat. fat 2g), **carbs** 63g, **fibre** 13g, **sodium** 779mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**



vegetarian

Spicy root vegetable &  
lentil casserole  
*Recipe, opposite*





Wrap up dinner with a warming sweet treat, packed with nostalgia

# EASY PEASY PUDDINGS

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 92

GFO

## QUICK APPLE, BLACKBERRY & RAISIN CRUMBLE

PREP 10 MINS COOK 15 MINS SERVES 6 (AS AN OCCASIONAL DESSERT)

3 Granny Smith apples, peeled,  
cored, sliced  
2 tbsp water  
1 tbsp caster sugar or granulated  
sugar substitute  
Pinch ground cinnamon  
2 tbsp raisins, roughly chopped  
205g (1½ cups) frozen  
blackberries  
90g (1 cup) Vogel's Golden Baked  
Cluster Crunch or gluten free  
muesli  
250ml (1 cup) low-fat vanilla  
custard or gluten free custard,  
to serve

1 Put the apples, water, sugar and cinnamon in a medium saucepan. Bring to a simmer over medium heat. Reduce heat to medium-low and simmer, covered, for 8-10 minutes or until the apples are just tender. Stir in the raisins.

2 Preheat oven to 180°C (fan-forced). Spoon the apples into a 1L (4 cup) ovenproof dish. Arrange the blackberries over the apple. Sprinkle over the cluster crunch.

Bake for 15-20 minutes or until heated through and golden brown. Serve the crumble with the custard.

### NUTRITIONAL INFO

**PER SERVE (with sugar)** 776kJ (186Cal), **protein** 4g, **total fat** 3g (sat. fat 1g), **carbs** 34g, **fibre** 5g, **sodium** 73mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

**PER SERVE (with sugar substitute)** 736kJ (176Cal), **protein** 4g, **total fat** 3g (sat. fat 1g), **carbs** 31g, **fibre** 5g, **sodium** 73mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

### COOK'S TIP

You can replace the frozen blackberries with any frozen berries and the raisins with currants or sultanas.





Quick apple,  
blackberry &  
raisin crumble  
*Recipe, opposite*



## desserts

### CHOCOLATE, FIG & ALMOND PUDDINGS WITH RASPBERRY SAUCE

PREP 10 MINS COOK 20 MINS SERVES 6 (AS AN OCCASIONAL DESSERT)

55g ( $\frac{1}{3}$  cup) wholemeal self-raising flour  
40g ( $\frac{1}{4}$  cup) pure icing sugar, sifted  
30g ( $\frac{1}{4}$  cup) almond meal  
30g light margarine, melted, cooled  
50g dried figs, finely chopped  
80ml ( $\frac{1}{3}$  cup) water  
30g dark chocolate, finely chopped  
35g ( $\frac{1}{3}$  cup) cocoa powder  
2 egg whites (from 60g eggs), lightly whisked

#### RASPBERRY SAUCE

120g (1 cup) frozen raspberries  
60ml ( $\frac{1}{4}$  cup) fresh orange juice, strained  
1 tbs granulated sugar substitute

**1** Preheat oven to 160°C (fan-forced). Spray 6 x 100ml dariole moulds with cooking spray. Line the bases with baking paper.

**2** Combine the flour, icing sugar and almond meal in a medium bowl. Put the margarine, figs, water, chocolate and cocoa powder in a small saucepan. Cook, stirring, over low heat until the mixture is combined and the chocolate melts. Remove pan from heat and set aside for 2-3 minutes. Whisk in the egg whites.

**3** Add the chocolate mixture to the flour mixture and mix until well combined. Divide the mixture between the moulds and smooth the surface. Place on a baking tray and bake for 12-15 minutes or until a skewer inserted into the middles comes out almost clean (you still want it a little sticky).

**4** Meanwhile, to make the raspberry sauce, put the raspberries, orange juice and sugar substitute in a small saucepan. Cook, stirring often, over medium heat for 2 minutes or until the raspberries defrost and soften. Push the mixture through a fine sieve into a jug and then return to the pan. Bring the sauce to a simmer over medium heat. Simmer for 2-3 minutes or until the sauce reduces and thickens slightly.

**5** Turn the puddings out onto serving plates. Spoon over the raspberry sauce and serve warm.

#### NUTRITIONAL INFO

**PER SERVE** 821kJ (196Cal), **protein** 6g, **total fat** 8g (sat. fat 3g), **carbs** 23g, **fibre** 6g, **sodium** 111mg • **Carb exchanges** 1½ • **GI estimate** medium

*A sweet treat at the end of a meal is the perfect finish, these dainty little puds are easy to prepare but impressive enough to serve when you have company*





Chocolate, fig &  
almond puddings with  
raspberry sauce  
*Recipe, opposite*





Pear & ginger  
upside down cake  
*Recipe, page 84*





Steamed golden  
syrup pudding  
*Recipe, page 84*



## desserts

### PEAR & GINGER UPSIDE DOWN CAKE

**PREP** 15 MINS **COOK** 30 MINS  
**SERVES** 12 (AS A DESSERT,  
OCCASIONAL IF SERVED WITH  
CUSTARD)

2 medium just ripe pears,  
unpeeled  
2 tsp brown sugar or granulated  
sugar substitute  
Pinch ground ginger  
2 tbsp low-fat custard, per person,  
to serve

#### CAKE BATTER

80g light margarine, at room  
temperature  
80g (½ cup, lightly packed) brown  
sugar or granulated sugar  
substitute  
1 tsp ground ginger  
115g (¾ cup) wholemeal self-  
raising flour  
75g (½ cup) self-raising flour  
2 x 60g eggs, separated  
2 medium very ripe pears, peeled,  
quartered, core removed,  
mashed until smooth

1 Preheat oven to 180°C (fan-  
forced). Spray a 20cm (base  
measurement) round cake tin with  
cooking spray. Line the base and  
side with baking paper. Quarter  
and core the pears. Thinly slice the  
pears and arrange over the base of  
the tin. Sprinkle over the brown  
sugar and ginger.

2 To make the cake batter, using a  
wooden spoon beat the margarine,  
sugar and ginger until well  
combined. Add the flours, egg yolks  
and pear. Mix until well combined.  
Using electric beaters, whisk the  
egg whites until soft peaks form.  
Add to the cake batter and mix  
until combined.

3 Spoon the cake batter carefully  
over the sliced pears and smooth  
with the back of a spoon. Bake in  
preheated oven for 30 minutes, or

until a skewer inserted in the centre  
comes out clean. Set aside in the  
pan for 10 minutes before carefully  
turning out onto a serving plate.  
Serve warm.

#### NUTRITIONAL INFO

**PER SERVE (cake only)** 653kJ  
(156Cal), **protein** 3g, **total fat** 4g  
(sat. fat 2g), **carbs** 24g, **fibre** 3g,  
**sodium** 151mg • **Carb exchanges**

1½ • **GI estimate** high

**PER SERVE (with custard)** 788kJ  
(189Cal), **protein** 5g, **total fat** 4g  
(sat. fat 2g), **carbs** 30g, **fibre** 4g,  
**sodium** 184mg • **Carb exchanges**  
2 • **GI estimate** high

**PER SERVE (cake only with sugar  
substitute)** 569kJ (136Cal), **protein**  
3g, **total fat** 4g (sat. fat 2g), **carbs**  
19g, **fibre** 3g, **sodium** 151mg  
• **Carb exchanges** 1½ • **GI estimate**  
high

**PER SERVE (with custard and  
sugar substitute)** 704kJ (168Cal),  
**protein** 5g, **total fat** 4g (sat. fat 2g),  
**carbs** 24g, **fibre** 4g, **sodium** 183mg  
• **Carb exchanges** 1½  
• **GI estimate** high

### STEAMED GOLDEN SYRUP PUDDING

**PREP** 10 MINS **COOK** 30 MINS  
**SERVES** 6 (AS A DESSERT)

80g (½ cup) wholemeal self-  
raising flour  
40g (¼ cup) self-raising flour  
2 tbsp brown sugar or granulated  
sugar substitute  
½ tsp mixed spice  
30g light margarine, melted

140g tub unsweetened apple  
puree  
60g egg, lightly whisked  
1½ tbsp golden syrup  
1 tbsp diet vanilla yoghurt, per  
person, to serve

1 Spray a 1L (4 cup) shallow  
ovenproof dish with cooking spray.  
Preheat oven to 160°C (fan-forced).

2 Combine the flours, sugar and  
mixed spice in a large bowl. Add  
the margarine, apple puree, egg  
and 1 tbsp golden syrup. Whisk  
until well combined. Spoon the  
mixture into the dish and smooth  
the surface.

3 Cover the top of the pudding  
with a piece of baking paper and  
foil. Place in a deep ovenproof dish.  
Pour enough boiling water into the  
dish to come halfway up the sides.

4 Cook the pudding for 30 minutes  
or until the pudding is cooked  
through when a skewer inserted  
into the centre comes out clean.  
Drizzle over the remaining golden  
syrup and serve with the yoghurt.

#### NUTRITIONAL INFO

**PER SERVE (with sugar)** 669kJ  
(160Cal), **protein** 4g, **total fat** 3g  
(sat. fat 1g), **carbs** 27g, **fibre** 2g,  
**sodium** 192mg • **Carb exchanges**  
2 • **GI estimate** high

**PER SERVE (with sugar substitute)**  
616kJ (147Cal), **protein** 4g, **total  
fat** 3g (sat. fat 1g), **carbs** 24g, **fibre**  
2g, **sodium** 192mg • **Carb  
exchanges** 1½ • **GI estimate** high

## SAVVY SWEETS

Enjoy these puddings without worrying about over doing the treats. These are perfect for a family celebration or special occasion. The trick to our recipes is being savvy with portion sizes and substituting lower sugar or lower fat options where possible. If you like, use a sugar substitute when suggested to lower the carb content of each serve. And by skipping the cream and including a small amount of custard or yoghurt we've cut the saturated fat substantially too.



# Make ahead MONDAY BREAKFASTS

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 92

Peanut butter &  
raisin bars  
Recipe, page 87

It's the most important meal of the day, so make it count! These yummy brekkie recipes are super easy to make ahead, whenever you have time, and will freeze well so you can grab and go.



## BLACKBERRY & BANANA BREAKFAST MUFFINS

PREP 10 MINS COOK 20 MINS MAKES 12 (1 PER SERVE; AS A LIGHT BREAKFAST)

350g (2<sup>2</sup>/<sub>3</sub> cups) plain spelt wholemeal flour  
2 tsp ground cinnamon  
3 tsp baking powder  
1 tsp bicarbonate of soda  
2 very ripe bananas (160g peeled weight)  
80g pitted dates, chopped  
2 x 60g eggs  
285g natural yoghurt  
4 tbsp canola oil  
2 tsp vanilla extract  
250g punnet blackberries or defrosted frozen blackberries  
3½ tbsp roughly broken pecans

1 Preheat oven to 160°C (fan-forced). Line a 12-hole, 125ml (½ cup) non-stick muffin tray with paper cases. Spray the cases with cooking spray. Put the flour, cinnamon, baking powder and bicarbonate of soda in a large bowl. Mix well to combine.

2 Put the bananas and dates in a separate bowl and use a fork to mash well. Add the eggs, yoghurt,

oil and vanilla. Mix until well combined.

3 Add the blackberries to the flour mix and mix until well combined. Add the yoghurt mix and mix gently until just combined. Work quickly, as adding wet ingredients activates the raising agent.

4 Scoop the batter into the muffin cases – if you have a large ice cream scoop, this works well. Fill the cases almost to the brim. Scatter over the pecans and bake for 20 minutes or until a skewer inserted into the middle comes out clean. Set aside on a wire rack to cool completely.

### NUTRITIONAL INFO

PER SERVE 1050kJ (251Cal),  
**protein** 9g, **total fat** 11g (sat. fat 1g), **carbs** 28g, **fibre** 5g, **sodium** 213mg • **Carb exchanges** 2  
• **GI estimate** medium

### COOK'S TIP

The muffins will keep in an airtight container for up to 2 days, alternatively, wrap the muffins individually in plastic wrap and place in a large resealable plastic bag. Expel any air. Label, date and freeze for up to 3 months. Remove muffins as needed and defrost overnight.



*Use blackberries in our energy-boosting muffins. Made with wholemeal flour and sweetened with dates and bananas. They are a great grab-and-go breakfast.*





LC

**PEANUT BUTTER & RAISIN BARS****PREP** 5 MINS **COOK** 20 MINS **SERVES** 6 (2 BARS PER SERVE; AS A BREAKFAST)

100g no-added-salt-and-sugar  
crunchy peanut butter  
2 tbsp sugar-free maple syrup  
4 x 60g egg whites  
200g rolled oats  
1½ tbsp raisins  
50g (⅓ cup) pumpkin seeds

**1** Preheat oven to 160°C (fan-forced). Spray a 22cm non-stick square tin with cooking spray. Line the tin with baking paper.

**2** Put the peanut butter, maple syrup and egg whites in a large

bowl. Use a fork to whisk until well combined. Add the oats, raisins and pumpkin seeds and stir in to make a sticky mixture.

**3** Press the mixture into the tin in a thin, even layer. Bake for 15-18 minutes or until golden and firm. Cut into 12 rectangles, then tip out onto a wire rack. Set aside to cool completely.

**NUTRITIONAL INFO**

**PER SERVE** 1250kJ (299Cal),  
**protein** 14g, **total fat** 16g (sat. fat 3g), **carbs** 22g, **fibre** 5g, **sodium** 53mg • **Carb exchanges** 1½  
• **GI estimate** low • **Lower carb**

**COOK'S TIP**

Keep in an airtight container for up to 1 week.

RECIPES & PHOTOGRAPHY: IMMEDIATE MEDIA;  
ADDITIONAL INFORMATION: ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)







# COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

## HEALTHY EATING ON A BUDGET

Create nutritious, inspiring meals without breaking the bank using our tips for cooking on a budget

### PLAN YOUR MEALS

Build your weekly shop and meals around budget-friendly foods. You'll cut down on waste and avoid overfilling your shopping trolley

### USE OWN-BRAND PRODUCTS

All food manufacturers must follow the same standards, so these cheaper brands are just as nutritious

### BUY IN BULK

Stock up on essentials, but avoid spending on things you don't use as often

### SHOP SEASONAL

Buy your favourite produce while it's in season. It'll taste amazing and often cost less

### SNACK PACKS

Make a shopping list of healthy snacks you enjoy such as veg sticks and hummus, nuts or popcorn, and resist impulse buys





## SECOND DESSERT

Use a small, sharp knife to remove the skin and white pith from 1 grapefruit. Roughly chop (removing seeds). Toss with 125g (½ punnet) chopped strawberries. Top with a spoonful of reduced-fat Greek natural yoghurt and 1 tbsp of your favourite natural muesli or gluten-free muesli.

**Serves 1.**

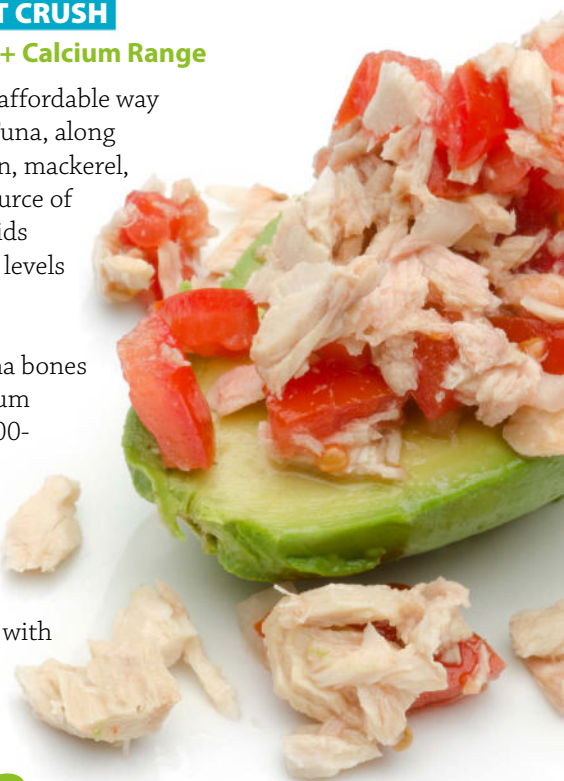
**PER SERVE** 700kJ (167Cal), protein 6g, total fat 3g (sat. fat 1g), carbs 24g, fibre 9g, sodium 37mg • Carb exchanges 1½ • GI estimate low • Gluten-free option

## SUPERMARKET CRUSH

### John West Tuna Protein + Calcium Range

Canned tuna is a convenient and affordable way to increase your oily fish intake. Tuna, along with other oily fish such as salmon, mackerel, herring and sardines, is a great source of protein and also omega-3 fatty acids which can help reduce cholesterol levels and inflammation in the body.

The John West Tuna Protein + Calcium range have added the tuna bones in powder form to boost the calcium content. Each 95g can contains 800-1000mg calcium (depending on flavour), giving you 80-100% RDI for men and women aged 19-50yrs. Flavours include Tuna with Lemon & Cracked Black Pepper, Thai Red Curry and Tuna with Chilli. **RRP \$2.90. Available from supermarkets.**



## QUICK & HEALTHY LUNCHES

GF

### QUICK LENTIL TOMATO SAUCE WITH ZUCCHINI NOODLES

Heat 2 tsp extra virgin olive oil in a small non-stick frying pan over medium-high heat. Add ½ small very finely chopped brown onion, 1 clove crushed garlic, ½ x 400g can no-added-salt chopped tomatoes, ½ can water, ½ x 420g can no-added-salt brown lentils, rinsed and drained. Simmer for 15 minutes. Season with pepper and stir in chopped parsley. Serve over 1 zucchini, made into spirals and steamed. **Serves 1.**

**PER SERVE** 1290kJ (309Cal), protein 16g, total fat 11g (sat. fat 2g), carbs 35g, fibre 11g, sodium 37mg • Carb exchanges 2½ • GI estimate low • Gluten free

GF

LC

### PUMPKIN, WALNUT AND CHICKEN SALAD

Heat up 80g leftover roasted or steamed pumpkin and toss with 1 cup rocket or baby spinach leaves, 50g cooked shredded chicken breast, 1 x 125g can no-added-salt four bean mix, rinsed and drained, ¼ chopped red capsicum and 1 tbsp toasted walnuts. Drizzle with a little balsamic vinegar or lemon juice and serve. **Serves 1.**

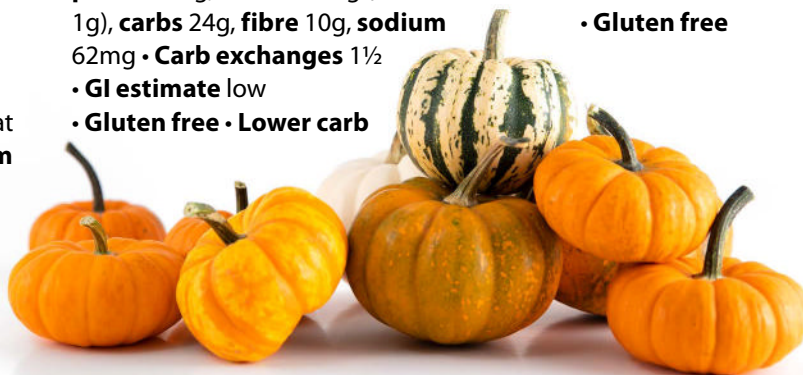
**PER SERVE** 1340kJ (321Cal), protein 27g, total fat 10g (sat. fat 1g), carbs 24g, fibre 10g, sodium 62mg • Carb exchanges 1½ • GI estimate low • Gluten free • Lower carb

GF

### PUMPKIN AND CHICKPEA SOUP

Heat 1 x 535g can Heinz Creamy Pumpkin Soup and a 420g can no-added-salt chickpeas, rinsed and drained, in a small saucepan over medium heat. Sprinkle with a little chopped flat-leaf parsley and a pinch of chilli flakes. **Serves 2.**

**PER SERVE** 1030kJ (246Cal), protein 12g, total fat 3g (sat. fat 2g), carbs 36g, fibre 9g, sodium 623mg • Carb exchanges 2½ • GI estimate low • Gluten free





# Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



| SUNDAY                                                                                                        | MONDAY                                                                                                      | TUESDAY                                                                                  | WEDNESDAY                                          |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------|
| <b>H<sub>2</sub>O</b> Start each day with a glass of water. You should have 6-10 glasses a day,               |                                                                                                             |                                                                                          |                                                    |
| <b>Breakfast</b> 1 slice sourdough topped with 2 poached eggs, 1 cup sauteed mushrooms & handful baby spinach | Blackberry & banana breakfast muffins (p 86) <i>pictured</i>                                                | 170g Chobani Fit yoghurt topped with 1 tbsp crushed walnuts and ½ cup warm mixed berries | Peanut butter & raisin bars (p 87) <i>pictured</i> |
| <b>Snack</b> 30g unsalted mixed nuts & seeds (¼ cup)                                                          | 170g Yopro yoghurt                                                                                          | 2 Vita-weets each spread with 2 tsp light peanut butter                                  | 1 piece of fresh fruit                             |
| <b>Lunch</b> Pita pizzas (p 42)                                                                               | 2 slices soy & linseed bread spread with avocado & filled with baby spinach, sliced cucumber & 95g can tuna | Quick mushroom noodle soup (p 29)                                                        | Pumpkin, walnut and chicken salad (p 89)           |
| <b>Optional snack</b> 1 piece of fresh fruit                                                                  | 30g unsalted mixed nuts & seeds (¼ cup)                                                                     | 1 piece of fresh fruit                                                                   | 2 fresh dates                                      |
| <b>Dinner</b> Roasted cauliflower & chickpea coconut curry (p 50) <i>pictured</i>                             | Kale & bulgur tabbouleh with yoghurt dressing (p 18)                                                        | Chilli chicken wraps (p 20) <i>pictured</i>                                              | Steamed salmon & veg rice bowl (p 16)              |
| <b>Alcohol</b>                                                                                                | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to                      |                                                                                          |                                                    |
| <b>Optional dessert</b>                                                                                       | Quick apple, blackberry & raisin crumble (p 78)                                                             | 60 second dessert (p 89)                                                                 | 1 cup skim milk with 1 tsp 30% less sugar Milo     |
| <b>Exercise</b>                                                                                               | Aim for 20-60 minutes of moderate exercise each day.                                                        |                                                                                          |                                                    |



# it's easy!

## TAKE THE CHALLENGE 30 PLANTS IN 7 DAYS

Evidence continues to grow to support the importance of plant-based foods in our daily diet. Studies suggest that our gut microbiome (aka gut bugs) has a significant influence on our overall health and wellbeing, and even affects our body's ability to breakdown carbohydrates, impacting our blood glucose levels.

One of the largest international gut health studies has taken it one step further to suggest diversity in plant foods is key! The study found that those who ate 30 different plant foods a week were more likely to have a diverse range of "good" gut bugs than those who had only 10.



### HOW TO REACH YOUR GOAL OF 30 PLANTS IN 7 DAYS?

Thankfully, it is not as hard as it sounds. The important factor is incorporating a range of plant fibres, so juice and oil won't count, but whole foods do. For example:

- Include a mix of vegetables in each of your meals.
- Eat a variety of fruit throughout the week.
- Wholegrain foods count too, such as brown rice, quinoa and grainy bread.
- Incorporate legumes in soups, casseroles and salads.
- Add herbs and spices for extra flavour.
- Choose a handful of mixed nuts and seeds as a snack.

### THURSDAY



### FRIDAY



### SATURDAY



depending on your exercise levels.

Blackberry & banana breakfast muffins (p 86)

170g Chobani Fit yoghurt topped with 1 tbsp crushed walnuts and 1/2 cup warm mixed berries

1 slice sourdough topped with 1/4 avocado, sliced tomato & 20g reduced fat cheese (grilled, if you like)

1 corn thin spread with 2 tbsp ricotta & 3 sliced strawberries

1 slice raisin toast spread with 1-2 tsp sunflower spread (p 43)

1 cup fresh fruit salad

Toaster pita pockets (p 40) *pictured*

Mug omelette (p 27)

Jacket potatoes with Swedish prawn salad (p 24)

1 piece of fresh fruit

1 piece of fresh fruit

1 Twisted Mini Frozen Yoghurt

Vegetable broth with chicken (p 17)

Baked piri-piri fish with crushed potatoes (p 18)

Cumin lamb pita with crunchy slaw & spicy mayo (p 40) *pictured*

have a couple of alcohol-free days a week.

1 Twisted Mini Frozen Yoghurt

Steamed golden syrup pudding (p 84) *pictured*

Pear & ginger upside down cake (p 84)

Always discuss your exercise plans with your doctor first.



# Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

## NUTRITIONAL INFO

**PER SERVE (with sugar)**  
705kJ (169Cal), **protein** 3g,  
**total fat** 2g (sat. fat 1g), **carbs**  
31g, **fibre** 5g, **sodium** 56mg  
• **Carb exchanges** 2  
• **GI estimate** low  
• **Gluten-free** option

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

## Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

Quick apple,  
blackberry &  
raisin crumble  
Recipe, page 78



CUT OUT & KEEP

## YOUR DAILY ALLOWANCE GUIDE

With this guide,  
you can create  
the perfect eating  
plan for your  
needs

### To maintain your weight\*

**Kilojoules** 8700kJ  
**Protein** 80g  
**Total fat** 70g  
**Saturated fat** 24g  
**Carbs** 270g  
**Fibre** 30g  
**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ  
**Protein** 65g  
**Total fat** 45g  
**Saturated fat** 15g  
**Carbs** 180g  
**Fibre** 30g  
**Sodium** Less than 2000mg



# living

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

well

*“He who has health  
has hope, and he  
who has hope has  
everything.”*

*Thomas Carlyle, philosopher*

PHOTOGRAPHY GETTY IMAGES









# MEAL TIMING MATTERS

**You have most likely heard the saying “Eat breakfast like a king, lunch like a prince, and dinner like a pauper”. A growing body of evidence is showing that this may in fact be true, particularly if you have or are at risk type 2 diabetes.**

**DL Magazine dietitian and diabetes educator, Dr Kate Marsh, explains.**

## **INTRODUCTION**

If you have diabetes, it is likely that you have been given advice about what to eat to help in managing your blood glucose levels. And this should still be the first consideration when making dietary changes. However, when you eat is also important for managing your diabetes, weight and overall metabolic health. While there is no one-size-fits-all approach to meal timing, this new area of research known as chrono-nutrition is finding that there are certain eating patterns that can have a significant impact on your health.

## **MEAL TIMING AND BLOOD GLUCOSE MANAGEMENT**

There is now a large body of evidence showing that the timing of meals is important for managing blood glucose levels. Researchers have found that eating patterns that align with our circadian rhythms may help in improving insulin sensitivity (how effectively

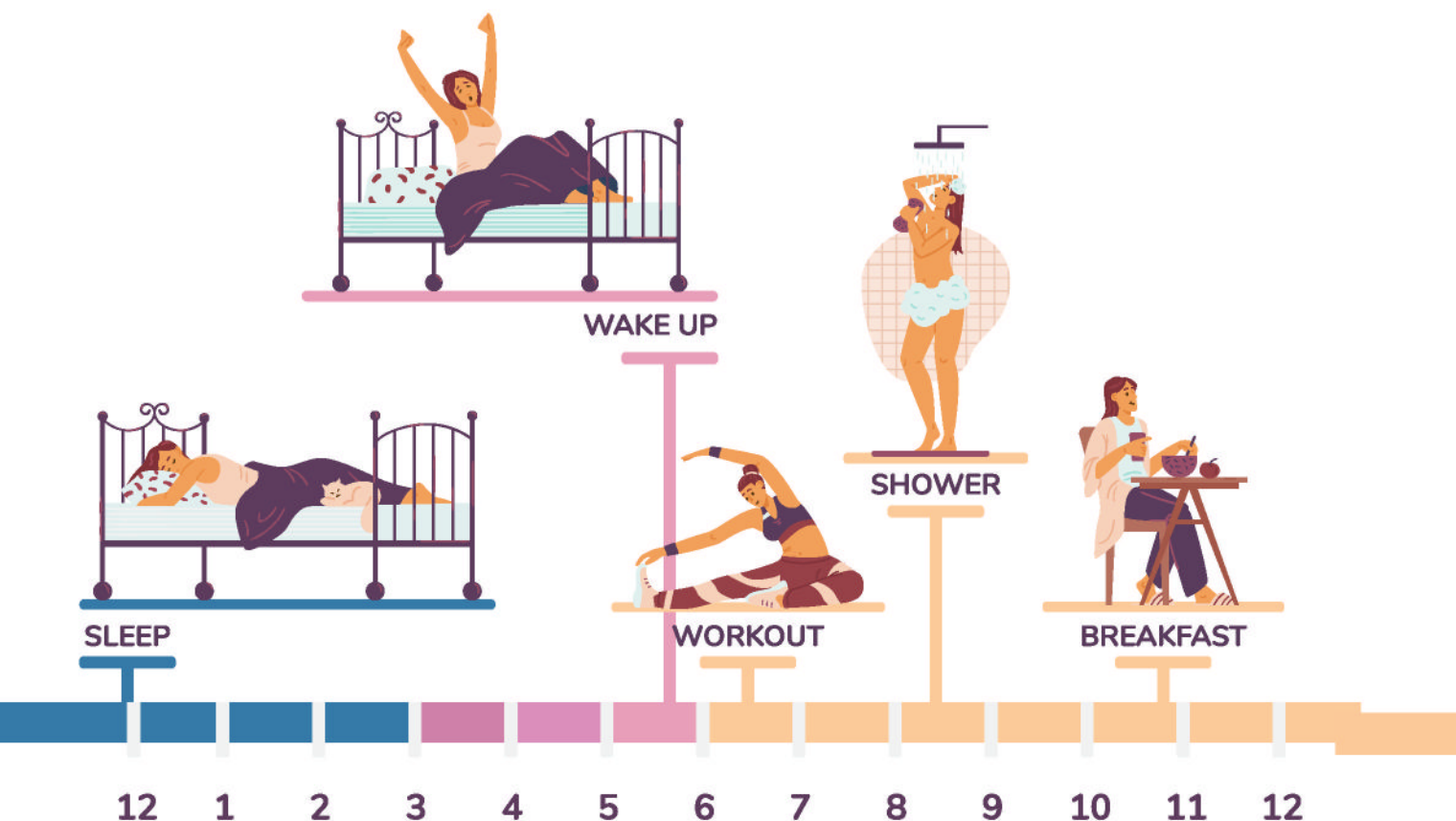
insulin works in the body), reducing the risk of developing type 2 diabetes, and managing blood glucose levels in people with type 2 diabetes. The consistent finding from these studies is that it is better to eat more of your food intake earlier in the day than later. Eating patterns that don't align with our circadian rhythms, such as skipping breakfast, frequent small meals or snacks, and evening snacking, can lead to high blood glucose levels and weight gain. Along with disturbed sleep patterns, this may be one reason shift workers have a higher risk of developing type 2 diabetes and other metabolic health issues.

In people with type 2 diabetes, studies have found that eating a larger breakfast and smaller dinner meal leads to lower blood glucose levels across the day. Skipping breakfast, on the other hand, has been found to result in higher blood glucose levels after lunch and dinner. It is also better to eat more

of your carbohydrate earlier in the day, as insulin sensitivity is better at this time, so the same carb foods will raise blood glucose levels less if you eat them earlier in the day compared to later.

Meal frequency may also be important, although the research on this is mixed. Some studies have found that eating less frequently (i.e. three meals rather than 5-6 smaller meals and snacks) leads to greater reductions in blood glucose and weight, particularly when breakfast is the larger meal. However, other studies have found benefits of more frequent smaller meals. More long-term studies are needed to determine the optimal meal frequency for people with and at risk of type 2 diabetes. In the meantime, regardless of how many meals and snacks you choose to eat, the research consistently shows that it is best to focus your food intake earlier in the day and not to snack late at night.





If you take medication to manage your diabetes, this needs consideration when it comes to meal timing. Some medications, including certain types of insulin, need to be taken with meals to help regulate blood glucose levels when you eat. If you are taking medications that can cause hypoglycaemia, including insulin and sulphonylureas, the dose and timing of these medications needs to align with your food intake. And other medications may need to be taken with food.

**So, if you are taking medications and plan to change your meal pattern, it's important to speak with your doctor about whether your medications may need adjustment.**

### MEAL TIMING AND WEIGHT MANAGEMENT

Eating more food earlier, rather than later in the day not only helps with blood glucose management, but can also help in managing your weight. Studies have found that eating earlier, including breakfast, and avoiding late-night eating may help with appetite regulation and reducing the risk of weight gain and obesity. Studies have also shown that this type of eating pattern helps with weight loss, regardless of the amount and composition of the diet. In other words, when two groups consumed the same diet, the ones who consumed more of their food earlier in the day lost more weight than those who consumed it later in the day, despite eating the same amount and types of food.



## TIME-RESTRICTED EATING AND DIABETES

Time-restricted eating, where you eat within a specific time window (typically 8-10 hours) and have a longer overnight fast, has also been found to benefit weight and metabolic health. Many people practice time-restricted eating by missing breakfast or having a late breakfast/brunch. However, evidence suggests that early time-restricted eating (i.e. starting and finishing eating earlier in the day) provides greater benefits for blood glucose management than planning your eating window later in the day. Depending on your sleep/wake times, if you were aiming for a 10-hour eating window, this could mean eating breakfast around 8-9am and finishing dinner by 6-7pm.

Two reviews of time-restricted eating studies in people with type 2 diabetes have found that this type of eating pattern has benefits for diabetes management, including

improving insulin sensitivity and blood glucose levels and reducing the need for medication. Time-restricted eating also appears to be safe for people with type 2, although we need more large long-term studies to confirm this, including studies of people using insulin. If you are taking diabetes medications, it is important to speak with your doctor before you get change your eating pattern, as they may need to monitor and adjust your medications.

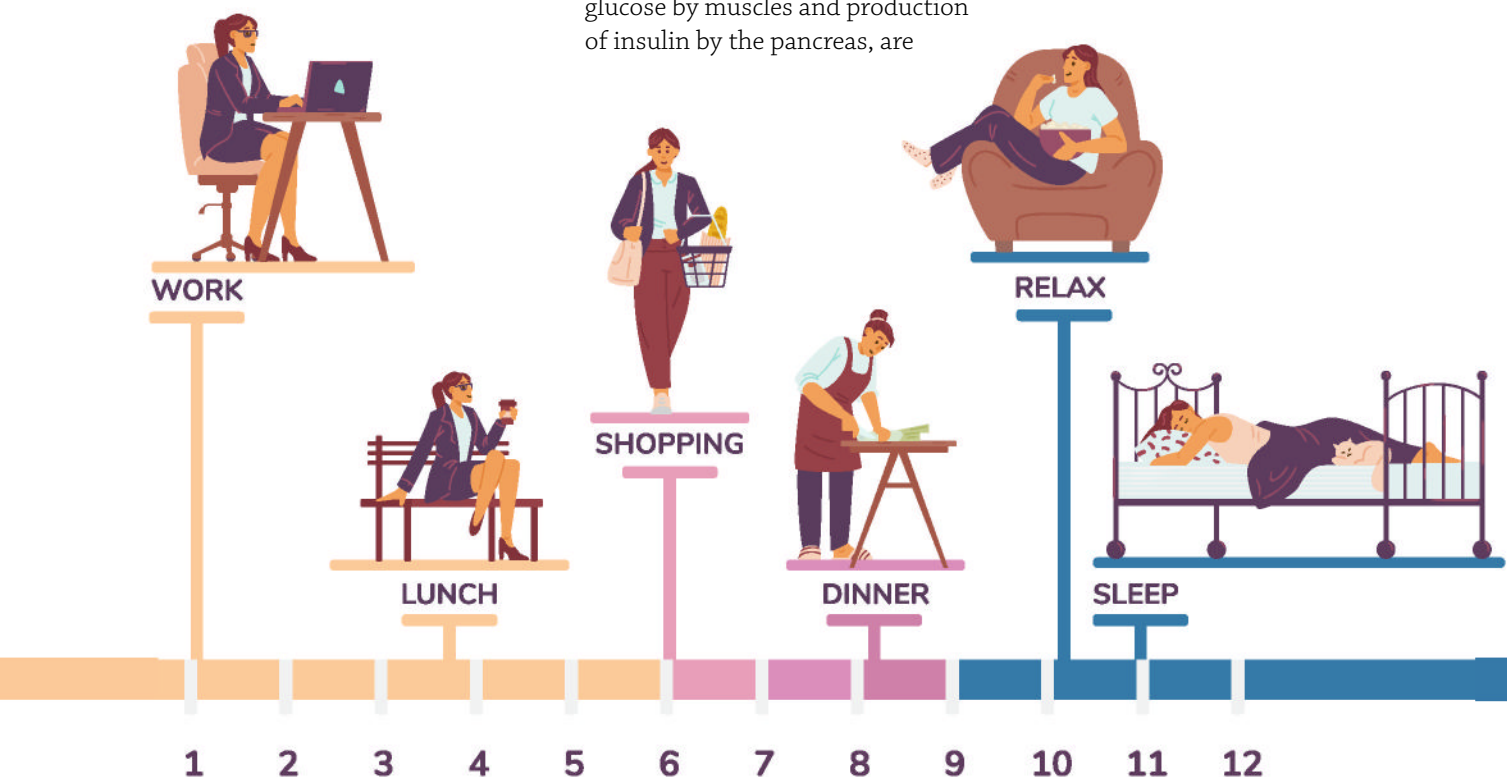
## HOW DOES MEAL TIMING AFFECT METABOLIC HEALTH AND WEIGHT?

There are several reasons to explain why meal timing might affect our metabolic health.

One reason is that factors affecting post-meal blood glucose levels, including the uptake of glucose by muscles and production of insulin by the pancreas, are

regulated by our circadian clock and work better earlier in the day rather than later. This means that our bodies work best to digest and metabolise food earlier in the day and to sleep and fast later in the day.

There is also evidence that meal timing affects the production of appetite hormones, our ability to burn or store fat, and the diversity and function of the gut microbiome. For example, there is some evidence that time-restricted eating, particularly if the eating window is earlier in the day, may improve the diversity of the gut microbiome, which is associated with better metabolic health. However, this is an area that still needs more research, including whether different forms of fasting and meal timing affect the proportion of bacterial species in the gut that are linked with metabolic health.





### PUTTING IT ALL TOGETHER - WHEN IS THE BEST TIME TO EAT?

While more research is needed, paying attention to the timing of your meals is an additional tool that may help with your diabetes management.

Overall, research suggests that aligning our eating patterns with our body's internal clock, known as the circadian rhythm, can benefit our health. This means eating most of our food during daytime hours when we are more active, and reducing food intake later in the day – the opposite of what many people do. In particular, eating a larger breakfast and lunch and lighter evening meal can help with weight management and improving blood glucose levels. Maintaining a consistent eating schedule may also be important.

However, when deciding on the timing of your meals, it is also important to consider the medications you are taking, your work, sleep and exercise schedules, and the social aspects of eating. Working with your diabetes healthcare professionals can help you develop an eating and meal timing plan that best suits your needs.

## TOP TIPS FOR TIMING YOUR MEALS

**DON'T SKIP BREAKFAST.** Missing this meal can lead to higher blood glucose levels across the rest of the day, can increase appetite and may lead to weight gain. Our bodies are designed to metabolise food better earlier in the day, so instead, consider making this your biggest meal of the day.

**SWAP LUNCH AND DINNER.** If you struggle to eat a big breakfast, or just don't have time, then make lunch your main meal of the day. Eating more of your daily energy intake by early afternoon can provide significant health benefits.

**AIM FOR A LIGHT DINNER AND FINISH EATING AS EARLY AS POSSIBLE,** but at least 2-3 hours before you go to bed. This will obviously be easier if you have eaten enough earlier in the day. To keep your energy intake lower at night, fill up on vegies. This could include a big bowl of vegie soup or a large salad.

**AVOID LATE NIGHT SNACKING.** While the research on meal frequency is mixed, a consistent message from the research is that to improve your metabolic health it is best to avoid snacking at night.



PHOTOGRAPHY BY GETTY IMAGES





You've probably seen ads for somatic exercise pop up in your Facebook feed, but what is this new exercise trend and do you need to get on board? Personal trainer Jackson Anderson of Juniper explains

# WHAT IS **SOMATIC** **exercise?**

Somatic exercise focuses on slow, mindful movements to increase body awareness of your physical sensations, and it offers a holistic approach to fitness that emphasises your internal experiences – what you feel – over external results.

Coined by philosophy professor and movement theorist Thomas Hanna in the 1970s, the concept of somatics has gained a lot of popularity in the wellness sphere – so much so, that search interest for 'somatic exercise' has grown a whopping 436% in the past 6 months.





## BUT WHAT EXACTLY DOES

Well, there are many techniques one can try, from body scans and progressive muscle relaxation to yoga, Pilates and martial arts – and we'll dive into these further in the article.

But what all these practices have in common is the fact that they encourage mindfulness and body awareness, promoting relaxation and emotional understanding through movement. They help you connect with your body on a deeper level, anchoring you to the present moment and enhancing your overall well-being.

### IMPROVED MIND-BODY CONNECTION

By engaging in somatic movement, you can better understand how your emotional state impacts your bodily sensations, and vice versa.

This can lead to powerful therapeutic benefits, making somatic movement an effective tool for addressing trauma and emotional issues.

In fact, studies have suggested that:

- Somatic experiencing, a type of somatic therapy, can help address PTSD
- Laban movement analysis, another somatic technique, can help people emotionally adapt to challenging situations.

### STRESS MANAGEMENT

Somatic movement is different from many other types of exercise because it involves slow, deliberate movements that prioritise relaxation and tension release over speeding up your heart rate.

Through mindfulness, somatic exercise effectively reduces stress,

and can even help you manage symptoms of anxiety and depression. Plus, this type of movement can promote better sleep, with somatic therapy being used as a treatment for insomnia.

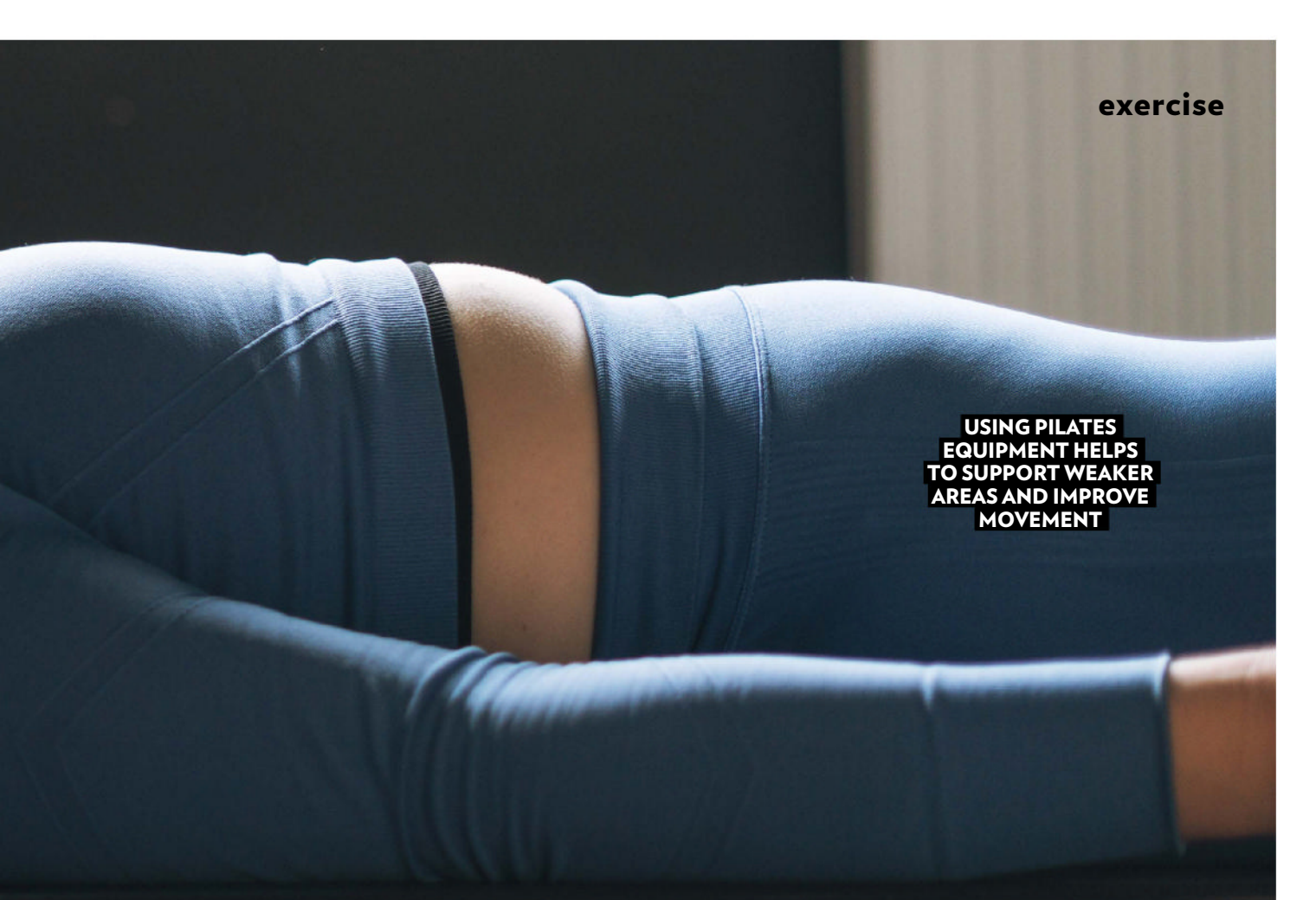
In terms of stress management, this form of movement is particularly beneficial for those who are short on time with a busy work week, individuals who spend long hours sitting or who have sedentary lifestyles.

Somatic-based movement is also perfect for people who are still looking for the endorphin-producing benefits that exercise offers.

### PAIN RELIEF

When you practise somatic exercise, you pay special attention to your bodily sensations,





**USING PILATES  
EQUIPMENT HELPS  
TO SUPPORT WEAKER  
AREAS AND IMPROVE  
MOVEMENT**

## SOMATIC EXERCISE ENTAIL?

particularly any areas of discomfort or injury – and this can be a helpful step towards pain relief.

While research on the pain-relieving benefits of somatic movement is limited, preliminary studies have shown promising results. For example, a 2014 study demonstrated the benefits of a 10-minute body scan in people experiencing chronic pain and a 2013 study found that PMR may help reduce symptoms of neck pain.

### IMPROVED FLEXIBILITY, COORDINATION, AND BALANCE

A lot of somatic exercises combine slow and controlled movements with deep breathing to stimulate blood flow and warm up muscles, which helps improve mobility. Through structured movements

and proper alignment, somatic movement also promotes flexibility, coordination, and even strength.

Plus, it can be a great complement to other, more traditional types of training.

Incorporating somatic-style movement into your training routine can allow you to see benefits in other areas of your training by harnessing increased mobility and body awareness.

By focusing on the quality of your movement through somatic-based principles, these practices are transferable across other skill-based movements such as weightlifting, where completing exercises with good form is essential for remaining injury-free and building strength over time.

### ACCESSIBLE FORM OF MOVEMENT

Somatic exercise is accessible for individuals of all backgrounds, exercise abilities and ages. As this style of movement incorporates gentle low-impact movements rather than higher intensity workouts, it's perfect for beginners and those who are recovering from injury.

It's a great choice for those who don't have that much free time, as you don't need to spend hours a week practising somatic movement in order to benefit from it.

In fact, you may only need to practice for a few minutes each day. Longer, more focused sessions can also be used for targeted rehabilitation or to improve flexibility and mobility.



# HOW TO INCORPORATE SOMATIC MOVEMENT INTO YOUR ROUTINE

**Convinced about the many benefits of somatic exercise? Well, adding it to your daily routine is easier than you may think, especially as there are so many different techniques you can try. Here are some of the most common ones:**

## **PROGRESSIVE MUSCLE RELAXATION (PMR):**

Just like the name suggests, PMR is a somatic method used to deeply (and naturally) relax your muscles. Simply tense each muscle group for 5 seconds before releasing, and this will help promote relaxation throughout the entire body.

**YOGA AND PILATES:** Many styles of yoga and pilates use a combination of movement, relaxation and breathwork, and focus deeply on the link between body and mind. You may even find studios that specifically offer somatic yoga or pilates classes.

**MARTIAL ARTS:** Mindfulness, resilience and body awareness are key components of martial arts, especially in disciplines like Tai Chi and Qigong. So much so, that trauma-informed martial arts programs have garnered significant popularity over the past few years, with this type of movement being used for PTSD recovery.

**BODY SCANS:** Body scanning is a great technique to perform when you feel like you're holding on to too much tension. You can do it by lying down or sitting comfortably, and mentally scanning your body from head to toe to identify areas of discomfort. Then, focus on these areas and breathe deeply – and you should feel yourself slowly letting go of the tension.

**DANCING:** Dance and Movement Therapy (DMT), which was established in the 1940s, uses movement to explore emotions. Dancing, even informally, can be a somatic practice as it taps into our innate language of movement.

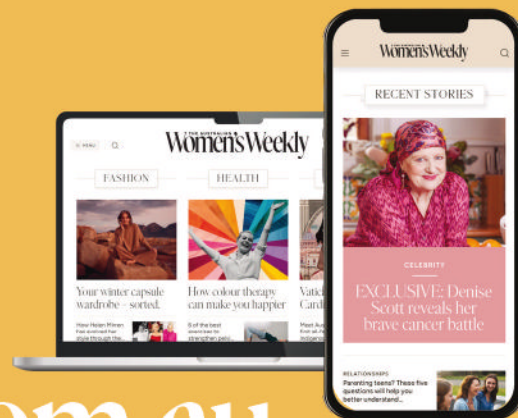
**WALKING:** Something as simple as going on your daily walk can be a somatic practice. All you need to do is pair it with a component of mindfulness – perhaps by putting on a guided meditation or telling yourself affirmations with each step you take.

**POSTURE EXERCISES.** Good posture is crucial for maintaining your flexibility, strength and balance. Many somatic movements – like the chest opener and forward fold – can help you work on your posture and are easy to incorporate into your day even if you're at the office.

This style of movement prioritises the mind-body connection and has been commonly overlooked in traditional fitness regimes. Most importantly, it highlights the importance of feeling good with the movement that you are doing.



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**BOOK EXTRACT**



# THE MINDFUL FREAKOUT

This new book by clinical psychologist Eric Goodman (Ph.D.) is a rescue manual for people who are suffering through life's emotionally painful moments





# Freaking Out?

TAKE A PAUSE AND REGROUP.

**W**e all have moments when life gets the better of us. Times when we feel overwhelmed by circumstances, panicked, faced with something we find truly frightening, overcome by anger, or consumed by a sense of grief or loss. During such moments, distressing emotions can take over and lead you to act in ways that actually multiply your suffering. And it may drive you to behave in ways that you later regret. While there is no sidestepping the stresses, there are skills you can learn to help you respond in a way that is more in line with who you want to be, rather than reacting and being hijacked by your primitive fight flight responses. In the extract from his new book, *The Mindful Freak Out*, clinical psychologist Dr Eric Goodman looks at ways to pause and regroup when you are freaking out.

The wise sage Ferris Bueller once said, 'Life moves pretty fast. If you don't stop and look around once in a while you could miss it.' Modern life moves at a frenetic pace. On top of the near-constant digital intrusions into everyday life, we are often overly busy — rushing to or from work or class, juggling hobbies and interests

with bills, meal prep, child-rearing, family obligations and so forth. It is a far cry from the less complex life of our prehistoric ancestors which roughly consisted of wake up, hunt and gather, share the bounty and each other's company, then sleep and repeat.

In our hectic and overstimulated modern lives, it can be hard to slow down and think clearly at any time, let alone when our threat systems hijack our logic and reason. When distressed, it is easy to lose the ability to make a rational decision, which can lead us to overreact based on powerful threat instincts. Someone may claim to value peace and mutual respect only to find themselves yelling at their kids or honking obscenities to the person driving in front of them.

To make matters worse, in the midst of an emotionally painful moment many of us find ourselves (often without awareness) directing harsh criticism at ourselves for making minor mistakes or being humanly imperfect. We even beat ourselves up for the feelings we experience ('I'm such a cry-baby!'). In these moments, we might say cruel things to ourselves that we would

never consider directing at any other human on the planet. This can further inflame painful emotions and inner suffering.

The activation of our threat systems leads to painful and powerful emotions like anxiety, anger and sadness. Because these emotions were designed to be intense and uncomfortable, they often trigger a reflexive struggle to avoid or suppress them. We tighten up, grit our teeth, and breathe shallowly, if at all. Struggling with an emotion, however, tends to further inflame the emotion and related suffering. This struggle is typically automatic and going on behind the scenes. We are not standing there thinking, 'I am uncomfortable with this emotion so I am going to fight with it!' It is something that happens when we are on autopilot.

But we can learn to become aware of when we are experiencing emotional distress. We can tune in to the fact that we are suffering. Then, we can slow down — even for a few seconds (or pause for a moment) in order to buy the precious time we need to rein in our automatic (auto-pilot) reaction. Only then can we choose how we respond to the moment.

*'Life moves pretty fast. If you don't stop and look around once in a while you could miss it.'*

Ferris Bueller



# Mindful pause

In this simple exercise you practise pausing and checking in with how you are doing. Learning to stop and check in with yourself is essential for the mindful awareness of distress, which is needed to help you slow down and get off autopilot. If you have ever come home after a long day and only then realised that you had been tense and stressed, this can be a very helpful practice. With the regular practice of pausing and checking in with yourself during the day you can develop this very helpful mindful habit.

To begin, set up a regular reminder to get your attention once per hour during the day. If you are using your phone or smart watch, you can set it to vibrate hourly. If you would prefer not to use technology, you can build these mindful slowing and checking-in breaks into your day by tying them in with activities you routinely do such as driving, catching public transport, walking your dog, eating a meal, or using the bathroom. Perhaps you could leave a note on your refrigerator that says 'Time for a check-in.'



When you are cued to check in, notice whether it is safe to take a brief time-out from your daily hectic pace (you're not a firefighter battling a blaze right now). Then slow down or pause your current activity. Take a couple of slow, deep breaths. Let go of any extra tension you are carrying around in your body.



Notice what has been happening without your awareness. Notice if you are rushing or engaged in an activity with a sense of urgency? Are you tensing muscles, gritting your teeth, or holding your breath? Are you doing something right now that runs counter to your value system?





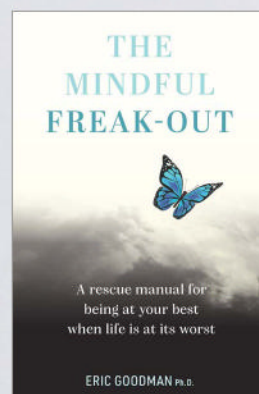


*With the regular practice of pausing and checking in with yourself during the day you can develop this very helpful mindful habit.*

• Next, see if you can briefly take helpful action. If you are walking or talking with pressured speed, go slow for a moment and notice what that feels like. If you are holding your breath, breathe slowly and deeply. If you are clenching your muscles tightly out of stress, invite those muscles to ease as much as they are willing. Then, return to the task at hand or shift to a more values-based activity. Depending on the situation, you can continue being slower and more mindful, if you'd like.

## Key points

- Noticing you are suffering can be a signal that you may also be on autopilot.
- Practising mindful check-ins can help you learn to notice when you are experiencing suffering.
- Then slow down to buy yourself time (even seconds) to get centred and in control once again.
- Once you have noticed your distress and how your body is responding to it, you have the opportunity to set an intent to set an intention to respond in a way that is helpful.



This is an edited extract from *The Mindful Freak-Out*, by Dr Eric Goodman Ph.D, (Exisle Publishing 2024). RRP \$34.99. The Mindful Freak-Out is available from [www.exislepublishing.com](http://www.exislepublishing.com) and wherever good books are sold.



PCOS increases the risk of developing diabetes and occurs more commonly in women with diabetes than in those without. Whether you've been diagnosed with PCOS or want to learn more, DL dietitian and diabetes educator, Dr Kate Marsh, explains what PCOS is, how it relates to diabetes, the symptoms to look out for and the key lifestyle changes that can help in managing PCOS.

### WHAT IS PCOS?

PCOS is short for Polycystic Ovary Syndrome and is the most common endocrine (hormonal) disorder in women, affecting around 8-13% of Australian women of reproductive age, and 8-15% of Indigenous women. Symptoms usually start during puberty or in the early to mid-twenties, but can occur at any age. Once thought of as a fertility problem, we now know that PCOS is a metabolic health condition, with increased health risks including risk of type 2 diabetes and cardiovascular disease.

### HOW IS PCOS RELATED TO DIABETES?

Most women with PCOS have insulin resistance underlying their condition – the same problem that occurs in type 2 diabetes. This means that women with PCOS are at a much higher risk of developing type 2 diabetes and prediabetes. In fact, a 2020 systematic review found that women with PCOS had a 3-fold increased risk of type 2 diabetes compared to women without the condition. Women with PCOS are also more likely to develop gestational diabetes (GDM) during pregnancy, particularly if they have other risk factors, including excess weight, older age and family history of type 2 diabetes.

Because of the strong link between diabetes and PCOS, guidelines recommend screening all women with PCOS for diabetes at diagnosis, using a glucose tolerance test (OGTT). Other forms of blood glucose

screening, such as fasting glucose and HbA1c, are not as accurate for detecting diabetes or prediabetes in women with PCOS. If the OGTT is normal, women with PCOS should recheck their blood glucose levels every 1-3 years, depending on their individual risk factors for diabetes. Guidelines also recommend that women with PCOS who are planning a pregnancy or starting fertility treatment have an OGTT before they try to conceive, as high blood glucose levels prior to pregnancy can affect fertility and pregnancy outcomes. If screening hasn't been done before pregnancy, an OGTT is recommended at the first prenatal visit. If the results are normal, women should repeat the test at 24-28 weeks gestation, which is the usual time for GDM screening.

Researchers have found that while the risk of diabetes is higher in women with PCOS, women with diabetes are also more likely to have PCOS than women without diabetes. Studies show that around 21% of women with type 2 diabetes and 26% of women with type 1 diabetes have PCOS.

Due to the higher prevalence of PCOS in women with T1D and T2D, the international PCOS guideline suggests that women with pre-existing diabetes (both type 1 and type 2) should have investigations for PCOS if they have other symptoms suggestive of PCOS including irregular menstrual cycles, clinical signs of hyperandrogenism (hirsutism, severe acne, scalp hair loss) and infertility or reduced fertility. Some researchers suggest that routine screening should be considered due to the high prevalence of PCOS in women with diabetes.

*the link between*

**PCOS**

AND DIABETES



## WHAT CAUSES PCOS?

Exactly why PCOS develops remains unknown, but we know that there is a genetic component and that there are a few different causes. As mentioned earlier, however, for most women, PCOS is linked with insulin resistance.

Insulin resistance is an insensitivity of the body to insulin. When you have insulin resistance, your insulin doesn't work effectively, so the body needs to produce increasing amounts of insulin to keep the blood glucose levels under control. In women, high levels of insulin can cause the ovaries to produce more male hormones, which disrupts the normal ovulation cycle and causes many of the symptoms of PCOS.

In women with type 1 diabetes, we are still uncertain about the reasons for the increased risk of PCOS. However, it is thought to be due to the way insulin is given (into the fat under the skin), which exposes the ovaries to higher concentrations of insulin compared to individuals without diabetes, where insulin is produced directly into the bloodstream.



## SYMPTOMS OF PCOS

Symptoms of PCOS may include:

- > irregular or absent menstrual periods
- > infertility or reduced fertility
  - > acne
- > excess hair growth on the face, chest and abdomen
  - > scalp hair loss
- > overweight and difficulty losing weight
- > a higher incidence of miscarriage







## PCOS EVIDENCE-BASED GUIDELINE

The *International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome* was first developed in 2018 and updated in 2023 with the input of over 3,000 health professionals, along with women with PCOS, from six continents and 71 countries internationally. The guideline aims to provide comprehensive recommendations for the assessment and management of PCOS to inform health professionals working with women with PCOS.

### Topics covered include:

- » Screening, diagnostic and risk assessment and life stages
- » Prevalence, screening, and management of psychological features and models of care
- » Lifestyle management
- » Management of non-fertility features
- » Assessment and treatment of infertility

## HOW DO I KNOW IF I HAVE PCOS?

There's no single test used to diagnose PCOS. Usually, doctors diagnose PCOS by considering a woman's symptoms, testing hormone levels, and, in some cases, performing an ultrasound to look for cysts and enlargement of the ovaries. They also need to rule out other conditions that could contribute to irregular periods and excess hair growth.

If you haven't been diagnosed with PCOS but think you could have it, you should start by seeing your GP for further investigations. Depending on the results of these tests, they may refer you to an endocrinologist, reproductive endocrinologist or gynaecologist for further investigations and advice.

## WHAT CAN I DO IF I HAVE PCOS?

The management of PCOS will depend on your symptoms, concerns and goals of treatment. This may include a combination of lifestyle modification, medications (to treat symptoms, manage metabolic risk factors and/or to assist with fertility), surgery (including laparoscopic ovarian surgery for fertility and weight loss surgery to help with weight management and metabolic risk) and other treatments such as laser therapy or electrolysis for treatment of hirsutism (excess hair). Similar to diabetes, it is important to find a team of health professionals with expertise in PCOS who can help you to manage your condition. Depending on your needs and goals, this may include your GP,

an endocrinologist, a gynaecologist or fertility specialist, a dietitian, an exercise physiologist and a psychologist.

Lifestyle modification plays a key role in the management of polycystic ovary syndrome (PCOS) and can significantly improve the symptoms of the condition and associated cardiometabolic health risks, such as the risk of diabetes and heart disease. Guidelines therefore recommend lifestyle modification, including diet and exercise, as a core focus area in the management of PCOS. Studies have found that lifestyle changes can significantly improve many of the symptoms associated with PCOS. In fact, programs combining diet, exercise, and modest weight reduction in women who are carrying excess weight, have been shown to improve symptoms and restore ovulation in women with PCOS, as well as reducing metabolic risk factors (such as blood glucose and insulin levels and blood fats). You may also need to take medication, but this is most effective if you use it in combination with lifestyle changes.

While we need more research into the optimal diet for women with PCOS, it's currently recommended that you follow general healthy eating recommendations, similar to people with type 2 diabetes. Research to date doesn't show that any one type of diet (e.g. low-carb or high protein) is better than another. Instead, it is important to tailor your eating plan to your individual goals and food preferences. If you have both PCOS and diabetes, the right eating plan can help you



with managing both conditions. An Accredited Practising Dietitian (APD) can help to develop an eating plan to suit your individual needs. To find an APD, visit [dietitiansaustralia.org.au/find-dietitian](http://dietitiansaustralia.org.au/find-dietitian) and search for a dietitian with an interest in PCOS.

Combining a healthy eating plan with regular exercise is also important and current recommendations are to include at least 30-60 minutes of activity on most days. This should ideally include both moderate or vigorous intensity aerobic exercise and resistance training. It is also important to minimise sedentary, screen and sitting time. If you need help with developing an exercise plan to suit your needs and goals, consider seeing an Accredited Exercise Physiologist (AEP) for advice and support. To find a local AEP, visit [essa.org.au/maps](http://essa.org.au/maps)

***You can find out more and download a copy of the guideline or a guideline summary from [monash.edu/medicine/mchri/pcos/guideline](http://monash.edu/medicine/mchri/pcos/guideline)***



## FURTHER INFORMATION AND RESOURCES

A range of consumer resources have been developed in conjunction with the PCOS evidence-based guideline, including fact sheets, information booklets and the AskPCOS app, a comprehensive, evidence-based app for women with PCOS, to help them better manage their condition. These resources are available at [mchri.org.au/guidelines-resources/community/pcos-resources/](http://mchri.org.au/guidelines-resources/community/pcos-resources/)

- » Jean Hailes for Women's Health provide evidence-based information and fact sheets on PCOS on their website: [jeanhailes.org.au/health-a-z/pcos](http://jeanhailes.org.au/health-a-z/pcos)
- » The National Diabetes Services Scheme (NDSS) have a fact sheet on PCOS available from: [ndss.com.au/about-diabetes/resources/find-a-resource/polycystic-ovary-syndrome-fact-sheet/](http://ndss.com.au/about-diabetes/resources/find-a-resource/polycystic-ovary-syndrome-fact-sheet/)



Life may seem like a lottery with your health at stake, but you can make your wellbeing a safer bet by playing these winning numbers. Bingo!

# NUMBERS *you can* count on





## 1 SON OF A GUN...

One flu shot a year is a diabetes essential. Reduced immunity means you're more vulnerable to the new wave of germs each winter, and a nasty bug makes it harder to manage your diabetes.

There's some compensation - under the National Influenza Vaccination Program, the shot is free if you've been diagnosed with certain medical conditions, including diabetes and cardiac disease. Ask your doctor about a referral to the program.

*The vaccination is free, but your doctor may charge a consultation fee.*

## management



## 2 Cup of tea... With milk, please!

You need at least three daily serves of reduced-fat dairy to offset the increased risk of osteoporosis that comes with diabetes. Bone loss is greater if your condition is not well controlled, but calcium helps boost bone strength and reduces the risk of bone thinning. "A serve is equal to 250ml of milk, 200g of yoghurt, or 2 slices (40g) of cheese," says Dairy Australia dietitian Glenys Zucco.

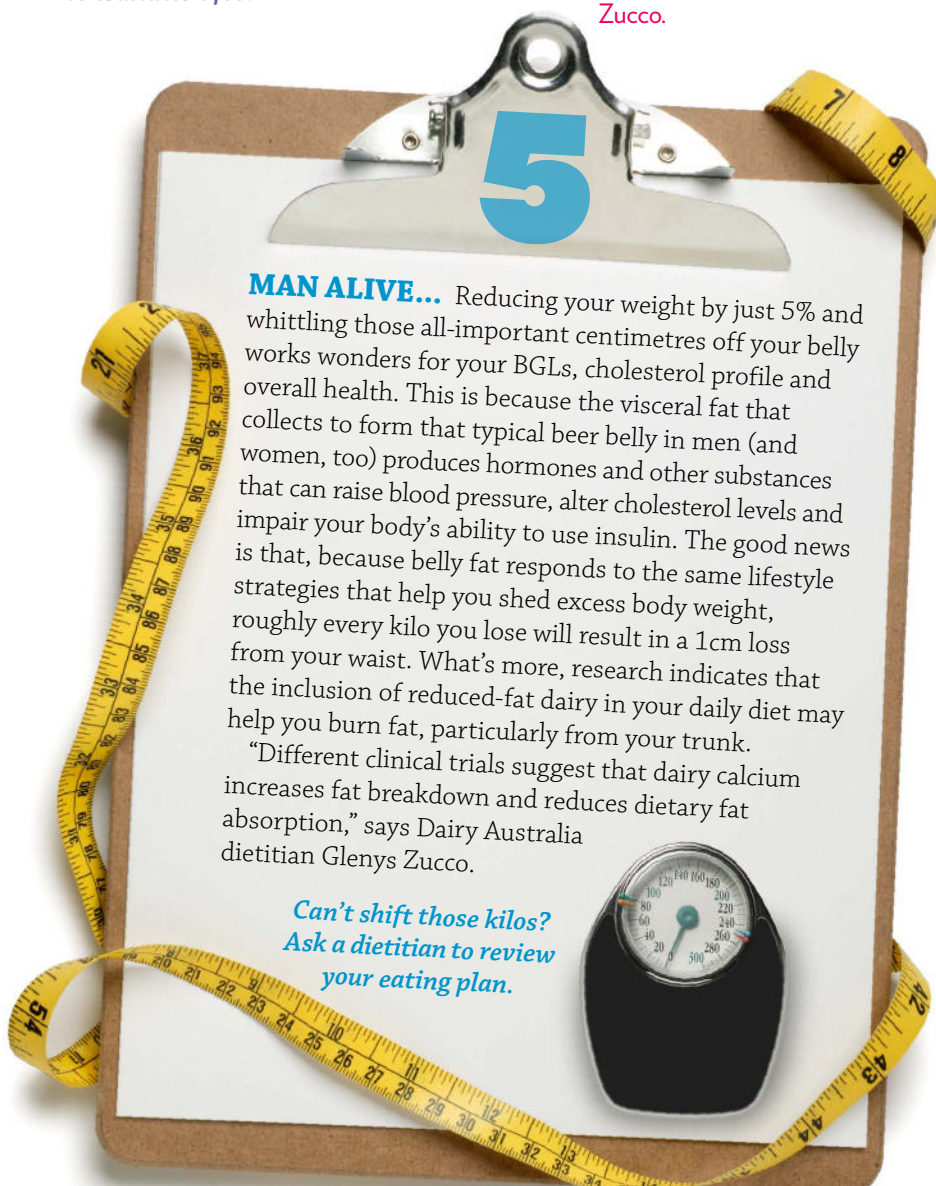


## 4-8 AT THE GATE...

Keeping your BGLs in the 4-8mmol/L target range recommended by Diabetes Australia is one of most important steps in your personal diabetes journey.

Making regular use of a blood glucose meter to keep your levels well controlled will make you feel better and you'll enjoy greater energy. It will also help keep long-term complications at bay. If you're struggling to reach your BGL goals, talk to your doctor or diabetes educator. Remember that your targets may vary according to your age and state of health, and at specific times, such as pregnancy.

*A diabetes educator can help you choose the meter that's right for you, and advise you on how, when and where to test your levels.*



**MAN ALIVE...** Reducing your weight by just 5% and whittling those all-important centimetres off your belly works wonders for your BGLs, cholesterol profile and overall health. This is because the visceral fat that collects to form that typical beer belly in men (and women, too) produces hormones and other substances that can raise blood pressure, alter cholesterol levels and impair your body's ability to use insulin. The good news is that, because belly fat responds to the same lifestyle strategies that help you shed excess body weight, roughly every kilo you lose will result in a 1cm loss from your waist. What's more, research indicates that the inclusion of reduced-fat dairy in your daily diet may help you burn fat, particularly from your trunk.

"Different clinical trials suggest that dairy calcium increases fat breakdown and reduces dietary fat absorption," says Dairy Australia dietitian Glenys Zucco.

*Can't shift those kilos?  
Ask a dietitian to review  
your eating plan.*



# 7

## A SLICE OF HEAVEN...

Call yourself an angel if you score this number with your HbA1c result. The haemoglobin A1c test tells you how well you've managed your diabetes over the past 2-3 months. The Australian Diabetes Society recommends a general target HbA1c of 7% or less for most people.

This will vary according to your age, the type of diabetes you have, how long you've had it, your medication and complications such as heart disease. This test should be done every 3-6 months, and more often, if you've changed your treatment plan. Better control of your BGLs will result in a lower A1c number. The good news is, each 1% reduction is associated with a 14% decrease in heart attack risk and a whopping 37% decrease in a risk of problems with your small blood vessels, such as those in your eyes.

# 8

## Don't be late...

Head off to bed early enough to get the eight hours of shut-eye a night that experts say are necessary to keep you in tiptop health. A recent study found that C-reactive protein, an inflammatory agent associated with heart attack risk, is higher in people who get six or less hours sleep a night. Research also suggests that a sleep deficit may put the body in a state of high alert, increasing the production of stress hormones and driving up blood pressure. What's more, sleep-deprived people tend to overeat in a bid to boost flagging energy levels – a habit linked with poor BGLs as well as weight gain. What better reason to turn off the TV early and snuggle under the doona!



# 10

## COCK AND HEN...

No chickening out of exercise because there's a nip in the air! Experts suggest that, instead of one long session, you break your exercise into three 10-minute blocks. It will warm you up and make your insulin work more efficiently – a good blood glucose management tool that will also help keep those extra kilos at bay. Time will fly – think about it, it takes about 10 minutes to unpack and repack a dishwasher!





## Duck and dive...

Dodging a vitamin-D deficiency is important when you have diabetes, and with sunshine the main source, how much winter sun is safe for your skin? Around 25 minutes daily, according to the Australasian College of Dermatologists and the Cancer Council. Why do we need this top up? A US study has found a strong link between vitamin-D deficiency and impaired blood glucose control in people with type 2, while researchers at Sydney's Garvan Institute discovered that 41% of women they surveyed with gestational diabetes were lacking in this vitamin. Aim for 2-3 hours of sunlight on the face, arms and hands, spread over a week. Depending on where you live in Australia, sun protection may be needed all year round at certain times of the day.

# 15

## RUGBY TEAM...

Problematic cholesterol levels often come into play when you have diabetes – a good reason to keep yours down with a reduced-fat diet that limits your saturated fat intake to no more than 15g daily. Even though your overall cholesterol and good (HDL) cholesterol levels may seem relatively normal, diabetes can upset the balance between good and bad (LDL) cholesterol, so you're likely to have higher levels of bad cholesterol and triglycerides. Lowering your fat intake should help you stay within the following recommended levels:

**TOTAL:** Less than 4mmol/L

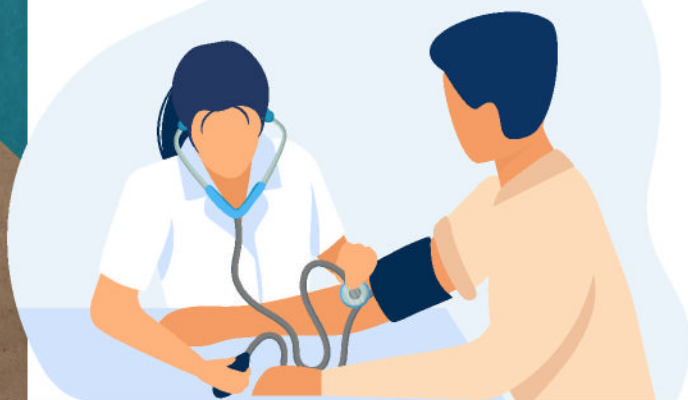
**LDL:** Less than 2.5mmol/L

**HDL:** More than 1mmol/L

**TRIGLYCERIDES:** Less than 1.5mmol/L

## 130/80 There you go, matey...

Diabetes and high blood pressure often go hand in hand, so make sure yours is checked regularly to ensure it is less than or equal to the recommended 130/80 for people without health complications. For people with kidney disease, the figure drops to less than or equal to 125/75. Complications from diabetes, such as eye disease, nerve damage and heart disease, develop more quickly if your blood pressure is high. While high blood pressure tends to run in families, lifestyle can play a role. Ask your doctor or diabetes educator about ways to help lower yours.







# WHERE'S YOUR **SELF-CARE** OXYGEN MASK?

Taking care of others is a tough gig and you need to have some self-care strategies in your toolkit. LiveBig provides allied health and assessment services for people with disabilities and NDIS plans and has some tips for taking care of yourself as well.

**A**s life unfolds, it's crucial to acknowledge the various challenges that arise amidst the routine of daily living. This applies to all seasons, with particular consideration for individuals with disabilities and their dedicated caregivers.

"Throughout the year, individuals with disabilities may encounter shifts in their support routines, leading to feelings of isolation. The

significance of self-care remains constant, transcending seasonal change," says Juliet Middleton, CEO of LiveBig. "As the pace of life quickens, caregivers also need to prioritise self-care during busy times. Ensuring everyone receives the necessary rest is paramount."

To navigate these challenges, Middleton suggests, "Imagine self-care as the act of putting on your own oxygen mask before

assisting others. Just as it's essential for your safety on an aeroplane, it holds equal importance in daily life. Neglecting your own well-being can hinder your ability to provide care and support to others."

LiveBig offers self-care tips beneficial for individuals with disabilities, their families, and caregivers throughout the year.

ILLUSTRATION GETTY IMAGES





### SELF-CARE IS VITAL:

Recognise that self-care is not a luxury but a necessity for individuals with disabilities and their caregivers. Engaging in intentional self-care promotes overall health, prevents stress, builds resilience, alleviates mental health symptoms, and supports physical health and improved sleep. **KNOWLEDGE AND HEALTH LITERACY:** Kickstart self-care by prioritising knowledge and health literacy. Understand your unique health needs to establish your personalised manual for self-care. This journey empowers informed choices, ensuring your well-being remains a top priority.

### MENTAL WELL-BEING

**MATTERS:** Nourish your mental health through practices like mindfulness and meditation. Taking care of your mind is crucial for overall well-being and complements physical self-care practices.

### BALANCED NUTRITION

**AND WISE CHOICES:** Fuel your body with balanced nutrition. Making wise choices, avoiding harmful substances, and maintaining personal hygiene act as your protective shield against germs and illnesses.

### PRACTICE HALT DAILY:

Regularly check in with yourself using the HALT acronym. Ask if you're Hungry, Angry, Lonely, or Tired, and address these needs accordingly. It's a simple but powerful way to ensure your well-being.

### PRIORITISE FOCUS OVER

**MULTITASKING:** Instead of multitasking, focus on one task at a time. Choose your top priorities daily, work in intervals, block distractions, and practice being in the moment to boost effectiveness.

### MODERATE DIGITAL

**ENGAGEMENT:** In our hyper-connected world, moderate

digital engagement to reduce stressors. Incorporate micro-habits, monitor screen time, create screen-free spaces, and consider a digital detox to nurture your well-being.

### ESTABLISH BOUNDARIES AND EMPOWER YOURSELF:

Set boundaries and learn to say no when necessary. Protect your time and well-being without guilt by communicating your boundaries. Stay connected with others, but listen to your body and know your limits, especially during social gatherings. Plan your schedule in advance to include time for rest and relaxation.

"Self-care doesn't demand a full weekend away," says Middleton, "but can be as simple as taking five minutes for yourself each day. By nurturing your well-being consistently, you ensure that you can find joy in every aspect of life."

For more information about the services offered by LiveBig visit  
[www.livebig.com.au](http://www.livebig.com.au)





# HATE exercise?

*You need to  
read this.*

If feeling like you strongly dislike exercise has stopped you from being physically active in the past, it doesn't have to moving forward. Here's how you can enjoy exercising even if you think you hate it.



**S**ome people not only genuinely love exercise, they seem to have a natural affinity – and ability – for it, too. Can't relate? You're not alone.

"Often the fear of something new, or feeling like you're not good enough at something, is where this narrative of 'hating exercise' comes from," says Prue Harvey, education officer at Body Fit Training.

"And let's face it, that fear of being the last kid picked for a team at school is also relatable for most of us."

Ben Lucas, founder of boutique yoga and fitness studio, Flow Athletic, says the fact that exercise is sometimes portrayed as 'hard' doesn't help, either.

"It wasn't so long ago that a lot of marketing around exercising and healthy eating was based on shaming people into buying particular products and solutions, which can help contribute to a negative attitude around exercise," he says.

"Additionally, many 'quick fix' solutions will also paint exercise as being really hard and horrible, which also hasn't helped."

The good news is that regardless of where your 'I hate exercise' belief might have come from, it's possible to override it and rewrite your story, and your relationship, with physical activity. The following handful of tips is a great place to start, particularly if you're brand new to exercise or if it's been a while since it was a regular thing for you.

exercise



## RETHINK WHAT YOU CLASSIFY AS 'EXERCISE'.

There are so many ways to be active – for example, even gardening is officially recognised as exercise – which means it's likely that you don't genuinely dislike them all.

"If you don't like jogging try swimming, a fitness class or yoga," says Ben. "If you don't like the gym, try power walking. The important thing is to let go of all expectations and go into it with an open mind."

Prue agrees: "Try anything and everything until you find what works for you," she says.

Remember too, that you don't have to exercise for hours at a time in order for it to 'count'. In fact, not only has research shown that doing smaller amounts of activity every day is more beneficial than doing a couple of long workouts, even one-minute bursts of activity accumulated during daily tasks are beneficial and count as exercise.





# TWO

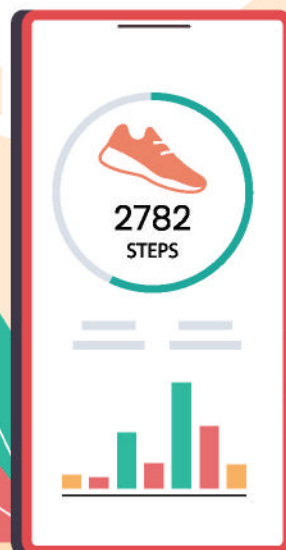
## FOCUS ON HOW YOU FEEL WHILE YOU'RE DOING AN ACTIVITY.

A lot of people talk about how great they feel after they've exercised, which makes sense given how being physically active releases feel-good hormones that can stick around for hours afterwards. But research suggests that when you're just starting out, what's far more important is paying attention to how you feel during the exercise – and importantly, gravitating to those activities that you actually, genuinely enjoy doing in the moment.

# THREE

## START TRACKING YOUR MOVEMENT.

For 'I hate exercise' people, doing this can be both eye-opening and beneficial. Why? In a nutshell, you might be surprised at how much activity you're actually doing thanks to daily chores and tasks, something which research shows can help shift you out of a 'I'm failing at exercise' way of thinking and into what's called an 'exercise mindset'. And that's an outlook that can have some important knock-on effects, including seeing yourself as being physically capable, which may give you more confidence to broaden your exercise horizons.



PHOTOGRAPHY AND ILLUSTRATIONS GETTY IMAGES



# FOUR

## DON'T GET HUNG UP ON SPECIFIC EXERCISE GOALS OR TARGETS.

Research shows that for people who are new to exercising, setting specific and rigid fitness goals can not only be ineffective, it can even make it harder to be active regularly. It's due to how deeply unmotivating it can be to set those goals and then fall short. The researchers suggest that to start with, and particularly when you're trying your hand at an activity you've never done before, looser, broader goals like 'just do your best' can be more useful.

Ben says there can be much more to being active than exercise. "For example, for some people, it's the 'me' time that they get for themselves a few times a week, where they can go for a walk and listen to music or a podcast," he says. "For others, it's getting to spend time in a fun community, listen to upbeat music and have some time where they don't need to think too hard – they just follow along with an instructor and can let their mind wander."

Prue suggests adding friends into the mix. "It's always easier to start something when you've got a friend to help break the ice, make it less intimidating and have fun with," she says. "This can also help you reassociate exercise and fitness with fun and achievement."

# FIVE

## IF ALL ELSE FAILS, FIND OTHER THINGS TO LIKE ABOUT BEING ACTIVE.



gestational diabetes

LAUREN VANDEN BRAND

*my story*

**“It’s taken me a long time to realise that it’s ok to have the things that you enjoy sometimes.”**





**LAUREN WITH  
HUSBAND JAKE,  
AT 33 WEEKS  
PREGNANT WITH  
FREYA**

**Lauren Van Den Brand, 30, has a strong family history of type 2 but lived diabetes-free until her pregnancies, when she had gestational diabetes (GD), and ultimately went on to develop type 2 diabetes.**

---

**D**uring my first pregnancy, the only symptom I noticed was extreme exhaustion. I would fall asleep everywhere! Being my first pregnancy, I thought it was normal. I'm very aware of all the common symptoms [of diabetes] like needing to go the toilet a lot, being thirsty etc because I have a strong family history of type 2. But that exhaustion was the only clue, so I felt like the diagnosis came out of the blue.

I did the Glucose Tolerance Test (GTT) early, at around 16-18 weeks, because of my family history, and because I was overweight. I failed the test catastrophically! I can't remember what the result was, but it was out of the water. They said they didn't even know how I was functioning.

### ***Adjustment period***

I was told that gestational diabetes (GDM), can be regulated with either diet or insulin. I thought I would be given the chance to eat properly, I thought 'OK, I've got this.' But they were like, no you don't have this! My GDM was too severe. I went straight onto insulin.

I started injecting myself once a day, a slow-release overnight. My food-related levels were actually great, it was my hormonal levels that were out of control. My diabetes was well-regulated right up until the end, but at 36 weeks my placenta started to deteriorate, and my insulin stopped working. As a result, I started to get hypos, which are really awful. You get the sweats and the shakes, you get nauseous, you can get a bit disorientated. They decided to induce me at 37 weeks.

My daughter was delivered via c-section and I was actually having a hypo on the gurney going into surgery because I wasn't able to eat. They were feeding me sugar water from a teaspoon just trying to get my sugars high enough for the surgery. As a result of my low sugars, my daughter failed her first sugar test. They topped her up with formula and my colostrum and she passed all her tests after that.

### ***Diabetes-free – for a while***

With gestational diabetes, they say as soon as the placenta is out, you're diabetes-free. But between my family history and the GDM, my doctor told me



## gestational diabetes

I'd be lucky if I got ten years, and that I shouldn't be surprised if I did get type 2. About six weeks after my daughter was born I went and had the GTT, which I passed.

I was diabetes-free but still living like a diabetic - I didn't revert back to my old habits around food because I was so scared of what the future might hold.

When my daughter was about nine months old, I fell pregnant again, and this time there was no mucking around, I had a very early GTT. As expected, I failed that miserably! After the first time, I was told that for any future pregnancies, I would be insulin-dependent. It was a very similar experience, it was deemed a high-risk pregnancy, but this time I knew what to expect, so I was prepared.

### *Emotional rollercoaster*

Being diagnosed with GDM in that first pregnancy was so hard, I felt like I was to blame. One of the risk factors for diabetes is being overweight. I wasn't morbidly obese but I was definitely overweight. I thought if I had tried harder to lose weight before getting pregnant, maybe this wouldn't



**JUST SOME OF THE MANY INSULIN AND NEEDLES LAUREN USED THROUGHOUT HER PREGNANCIES**



**WITH DAUGHTERS NYAH AND FREYA (NOW AGED ONE AND TWO)**



**FAMILY OF FOUR, NOT LONG AFTER NYAH'S BIRTH**

have happened. It really crushed me. And the knock-on effect was that I lost 15 kilos during that pregnancy. I was living by a million different rules, it absolutely consumed me. I couldn't enjoy the pregnancy at all.

I was much more laid back during my second pregnancy, and I also pushed back against the diabetes team at the hospital. I told them that checking in three times a week and doing six finger pricks a day was actually detrimental to me, and that I had it under control. They weren't happy. But I didn't go in empty-handed, I had kept all my log books from my first pregnancy, all my records so I could show them that I knew what I was doing.

### *A new reality*

After my second daughter was born, I went along once again for the GTT at the six-week mark. This time I failed the test and was diagnosed with type 2 diabetes. I was 29 years old. Managing my type 2 compared to the GDM is different, I'm not insulin-dependent, I take Metformin. But the biggest difference is that if I have a 'bad' day now, I'm no longer responsible for that life growing inside me. That takes a lot of the

stress and anxiety away.

When my GP called to tell me that I have type 2, she said, "Now Lauren, you do not need to behave the way you did in your first pregnancy. It was out of control and unnecessary. You need to find a balance." It's taken me a long time to realise that it's ok to have the things that you enjoy sometimes.

I've also developed this next-level relationship with my dad. He's had type 2 for two-thirds of my life and we now bounce off each other quite a bit. Like I found a yoghurt in ALDI that only has four grams of sugar and I texted him and said, "Look at this, this is great!". He lives interstate but it's brought us closer together.

### *Future concerns*

My goal for myself is to manage my diabetes through diet alone and come off my medication. But my main concern is to protect my daughters. They have a high risk of developing type 2 diabetes later in life, and a very high risk of having GDM during pregnancy. My goal is to educate them and try to stop the cycle. But I'm also determined not to let it consume our lives either, the way it did to me during my first pregnancy.



# Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that T=2, I=16, and R=24. You can record each letter as you work it out in the letter checker at the bottom of the grid.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
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|    | 4  |    | 12 |    | 21 |    | 12 |    | 6  |    | 12 |    | 17 |    | 15 |    | 12 |    | 21 |    |
| 5  | 16 | 21 | 1  |    | 26 | 6  | 7  | 3  | 2  |    | 2  | 16 | 12 | 24 | 12 |    | 21 | 6  | 2  | 15 |
|    | 13 |    | 15 |    | 6  |    | 17 |    | 12 |    | 15 |    | 4  |    | 4  |    | 17 |    | 15 |    |
| 22 | 16 | 21 | 23 | 4  | 11 |    | 15 | 21 | 3  | 7  | 24 | 15 | 23 |    | 6  | 2  | 25 | 15 | 24 | 3  |
|    |    | 6  |    |    | 15 | 12 | 24 |    | 3  |    |    |    | 15 | 10 | 7  |    |    |    | 17 |    |
| 24 | 15 | 19 | 12 | 24 | 23 |    | 3  | 9  | 16 | 4  | 4  | 15 | 23 |    | 3  | 4  | 15 | 19 | 15 | 23 |
|    | 14 |    | 24 |    |    |    |    | 7  |    | 6  |    |    |    |    |    |    | 13 |    | 23 |    |
| 8  | 15 | 4  | 17 | 24 | 6  |    | 24 | 6  | 10 | 12 | 21 | 17 | 15 |    | 12 | 10 | 13 | 4  | 15 | 23 |
|    | 17 |    |    |    | 13 | 15 | 15 |    |    |    | 1  |    | 20 | 12 | 24 |    |    | 16 |    |    |
| 13 | 7  | 24 | 16 | 12 | 4  |    | 23 | 15 | 13 | 24 | 16 | 15 | 20 |    | 17 | 25 | 16 | 23 | 15 | 23 |
|    | 2  |    | 1  |    | 16 |    | 19 |    | 4  |    | 2  |    | 12 |    | 25 |    | 10 |    | 10 |    |
| 20 | 16 | 4  | 4  |    | 18 | 7  | 6  | 2  | 12 |    | 7  | 21 | 17 | 4  | 15 |    | 13 | 12 | 13 | 11 |
|    | 8  |    | 6  |    | 7  |    | 6  |    | 13 |    | 23 |    | 15 |    | 24 |    | 7  |    | 15 |    |
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| 1  | 2<br>T | 3       | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11      | 12 | 13 |
| 14 | 15     | 16<br>I | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24<br>R | 25 | 26 |



# CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

## ACROSS

- 1 Far from humble (8)  
6 Small timepiece (10)  
13 Sign up for (5)  
14 Blow for blow (3,3,3)  
15 Possessor (5)  
16 Farmyard fowl (7)  
18 Ancient Egyptian queen (9)  
19 Partner to 16 Across (3)  
20 Royal house (5)  
22 Hair tresses (5)  
24 No ---, ands, or buts, no excuses (3)  
26 Airborne (5)  
28 Curio, unusual thing (6)  
29 Jet water (6)  
31 Accept as true (7)  
32 Small Australian domestic parrot (10)  
34 Comprehend (10)  
37 Fan (7)  
38 Marauder (6)  
39 Australian TV awards (6)  
41 A.A. ---, children's author (5)

42 *Don't Stop --- You Get Enough*, Michael Jackson hit (3)

43 Roguish man (5)

45 Underground worker (5)

46 --- de plume, pen-name (3)

48 Hired a bus, eg (9)

51 Hors d'oeuvres (7)

53 Hidden store (5)

54 Person duped on the first day of the fourth month (5,4)

55 Fruit nectar (5)

56 Employee who struggles taking time off, eg (10)

57 Graphic ---, professional who puts images and text on a page (8)

## DOWN

2 --- Polo, Venetian traveller (5)

3 Night bird (3)

4 Completely (8)

5 Doomed luxury liner (7)

6 Virginia ---, *The Waves* writer (5)

7 Inconstancy (13)

8 --- Fruitti, song (5)

9 Himalayan sasquatch (10,7)

10 Girth strap (5)

11 Male celebrity with sex appeal (10)

12 Brown-haired (8)

17 Ignore (4,3,5,5)

21 Stuntman, like Evel Knievel (9)

23 Levelling wedge (4)

25 Curved one-edged sword (5)

27 Medical procedure (9)

30 Four-sided shape (13)

33 Inactive (5)

35 Suffering great trouble (10)

36 Double on a bicycle (coll.) (4)

37 Caribbean island country (8)

40 Mythical strongman (8)

44 Human-like robot (7)

47 Butch and manly (5)

49 Covered with water (5)

50 Ancient artefact (5)

52 Cost of an item (5)

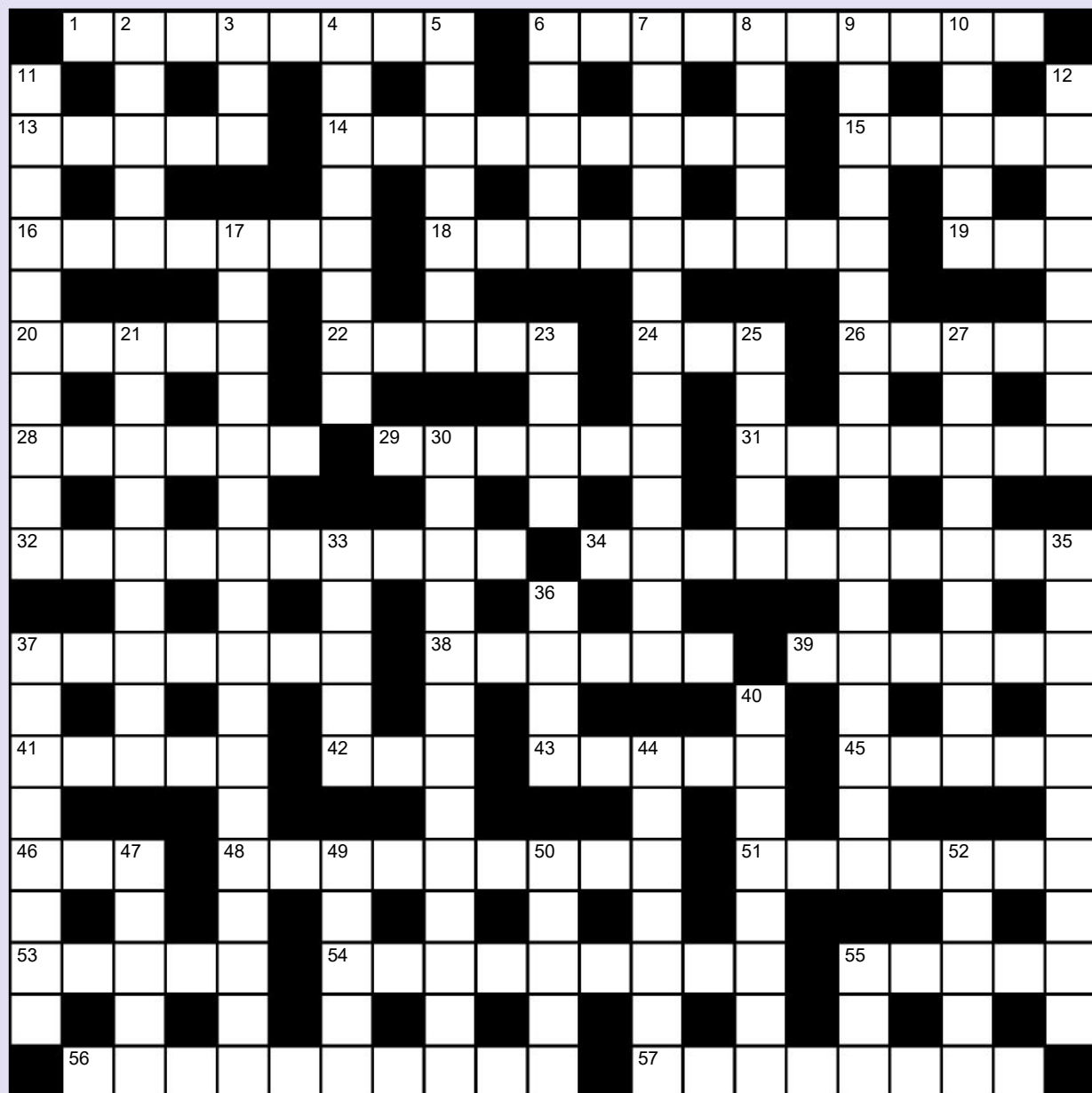
55 Sharp projection (3)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 1 |   | 6 |   |   |   | 7 |
|   |   |   |   |   | 4 |   | 1 |   |
|   | 6 | 9 | 7 |   |   |   |   |   |
|   |   |   |   | 2 |   | 8 | 3 |   |
| 3 | 1 |   |   |   |   | 2 | 7 |   |
|   |   | 4 |   |   |   |   |   |   |
|   | 7 |   |   |   |   |   | 2 |   |
|   | 2 |   |   | 4 |   |   | 9 |   |
| 9 |   |   | 8 |   |   | 4 |   |   |

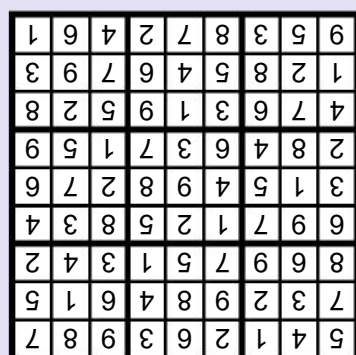
## SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



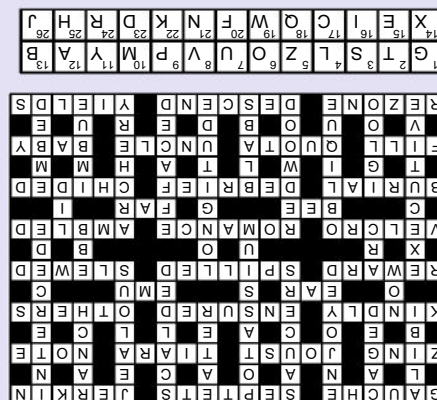


Turn upside down for puzzle solutions



**Sudoku**

**ADDRESS:** 1111000050, 0 Wisconsin, 13 Enrol, 14 It  
 20 Tudor, 22 Locks, 24 Iffs, 26 Alfort, 28 Rarity,  
 29 Squirt, 31 Believe, 32 Budgebugger, 34 Understand,  
 37 Devotee, 38 Raider, 39 Loggins, 41 Milne, 42 Til,  
 43 Knapes, 45 Miner, 46 Norm, 48 Chattered,  
 49 Canaves, 53 Cache, 54 April Fool, 55 Juice,  
 56 Workaholic, 57 Designer.  
**DOWN:** 2 Marco, 3 Owl, 4 Entirely, 5 Titanic, 6 Woolf,  
 7 Intermittence, 8 Tutti, 9 Abominable Snowman,  
 10 Cinch, 11 Heartthrob, 12 Brunette, 17 Turn The  
 Other Cheek, 20 Quadirell, 23 Shim, 25 Sabre,  
 27 Operation, 30 Quadrilateral, 33 Inert,  
 35 Distressed, 36 Dink, 37 Dominical, 40 Hercules,  
 44 Android, 47 Macho, 49 Awash, 50 Relic, 52 Price,  
 55 Jag.



Code Cracker



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## Editor's note

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*Alix*

Alix Davis, Editor

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## BREAKFAST & BRUNCH

86 Blueberry & banana breakfast muffins

87 Peanut butter & raisin bars

## LIGHT MEALS, SNACKS & SIDES

75 Honey-roasted swede with chilli & cumin

24 Jacket potatoes with Swedish prawn salad

27 Mug omelette

42 Pita pizzas

89 Pumpkin & chickpea soup

89 Pumpkin, walnut & chicken salad

89 Quick lentil tomato sauce with zucchini noodles

29 Quick mushroom noodle soup

76 Roasted vegetable & sage soup

63 Roasted veg & ricotta salad

74 Root vegies lentil bowl with herb pistou

74 Spiced roast carrot, lentil & feta salad

43 Sunflower spread

40 Toaster pita pockets

## MAINS

58 Apricot-glazed chicken & lentil traybake

18 Baked piri-piri fish with crushed potatoes

68 BBQ steak fajita bowl

70 Chargrilled green tomatoes & lamb chops with pickled yoghurt

48 Chicken saag

20 Chilli chicken wraps

33 Creamy baked gnocchi with pumpkin & spinach

68 Creamy herby steak skewers with grilled broccoli

58 Crispy gnocchi traybake with leeks & broccoli

40 Cumin lamb pita with crunchy slaw & spicy mayo

34 Curried potato fish cakes

24 Garam masala vegetable curry

54 Green bean & cherry tomato traybake gratin

30 Green shakshuka

36 Haloumi & quinoa fattoush

52 Indian chicken curry

18 Kale & bulgur tabbouleh with yoghurt dressing

45 One-pot prawn & lentil curry

68 Resting roast chicken on ratatouille bed

50 Roasted cauliflower & chickpea coconut curry

76 Spicy root vegetable & lentil casserole

16 Steamed salmon & veg rice bowl

59 Sticky miso eggplant traybake

70 Thai beef, mango & peanut salad

26 Three-cheese macaroni

44 Turmeric fish with chickpea traybake

17 Vegetable broth with chicken

63 Vegetable & ricotta tart

## DESSERTS

89 60-second dessert

80 Chocolate, fig & almond puddings with raspberry sauce

84 Pear & ginger upside-down cake

78 Quick apple, blackberry and raisin crumble

64 Ricotta & chocolate toastie

84 Steamed golden syrup pudding

### KEY

● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

**COOKING** All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

**FREEZING** Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

**GLUTEN FREE** When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

**LOWER CARB** When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

**LOWER-CARB OPTION** When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.



# Controlling Blood Sugar Levels

## improves your quality of life

The health benefits of controlling your blood sugar levels include: weight loss; stopping you from feeling hungry and having cravings; avoiding hyperglycemia or hypoglycemia; preventing or delaying damage to your heart and blood vessels; increased energy levels.

### How Revitalise helps control your blood sugar levels...

Revitalise has been clinically tested, achieving a low Glycemic Index (GI) rating of 38 and a low Glycemic Load rating of 6. This is good news if you want to maintain healthy blood sugar levels.

Revitalise's healthy levels of protein and fibre stops you from snacking. Its smart carbohydrates break down slower, giving you a feeling of fullness for longer, suppressing hunger and cravings. This assists with blood sugar control.

To lose weight and help reduce insulin levels, consume Revitalise with high protein, low carbohydrate meals. The soluble, prebiotic fibre in Revitalise reduces carbohydrate absorption, resulting in lower blood sugar and Insulin levels. You can even consume Revitalise as an in-between meal snack. Revitalise helps flatten your blood sugar curve, lessening glycemic variability.

After drinking Revitalise, you may find you eat a smaller main meal because you won't feel as hungry. By following this approach, you can expect to cut back on added sugar, lose weight~ and feel more energetic.

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Can't get to the chemist? Revitalise is available online from [bodycarenutrition.com.au](https://www.bodycarenutrition.com.au). Insert Coupon Code **beatdiabetesDL** into the shopping cart for **free delivery**. Offer expires 12/06/24.

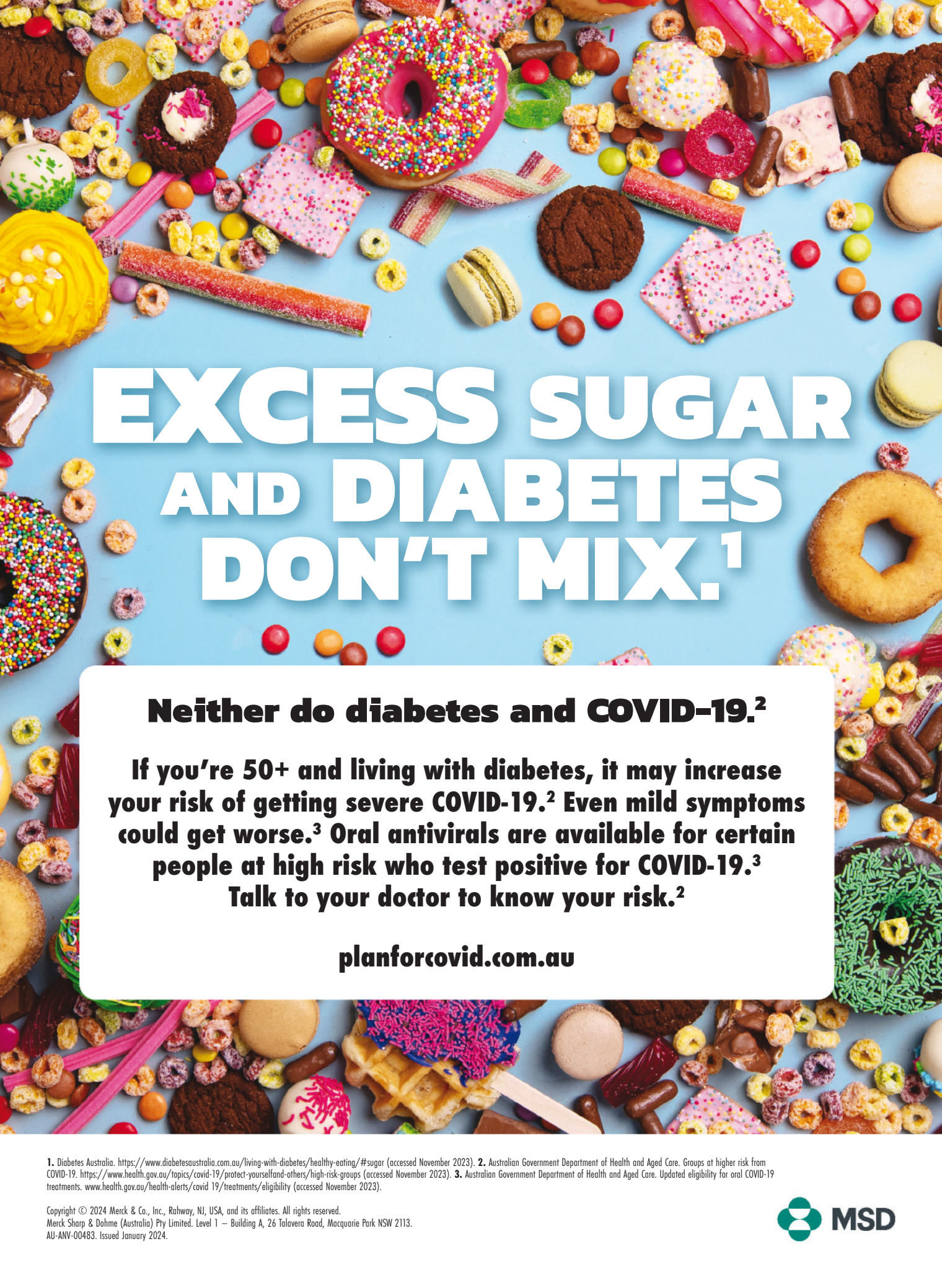
 Made in Australia

### Revitalise's Impact on Blood Sugar Levels



~ In conjunction with diet and exercise. \*When used with low sodium and low saturated fatty diets respectively. Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate. Please seek advice on your individual dietary needs from an accredited practising dietitian or your healthcare professional. BodyCare Nutrition® © Copyright 2024.





# EXCESS SUGAR AND DIABETES DON'T MIX.<sup>1</sup>

**Neither do diabetes and COVID-19.<sup>2</sup>**

**If you're 50+ and living with diabetes, it may increase your risk of getting severe COVID-19.<sup>2</sup> Even mild symptoms could get worse.<sup>3</sup> Oral antivirals are available for certain people at high risk who test positive for COVID-19.<sup>3</sup>**

**Talk to your doctor to know your risk.<sup>2</sup>**

**[planforcovid.com.au](https://planforcovid.com.au)**

1. Diabetes Australia. <https://www.diabetesaustralia.com.au/living-with-diabetes/healthy-eating/#sugar> (accessed November 2023). 2. Australian Government Department of Health and Aged Care. Groups at higher risk from COVID-19. <https://www.health.gov.au/topics/covid-19/protect-yourself-and-others/high-risk-groups> (accessed November 2023). 3. Australian Government Department of Health and Aged Care. Updated eligibility for oral COVID-19 treatments. [www.health.gov.au/health-alerts/covid-19/treatments/eligibility](https://www.health.gov.au/health-alerts/covid-19/treatments/eligibility) (accessed November 2023).

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